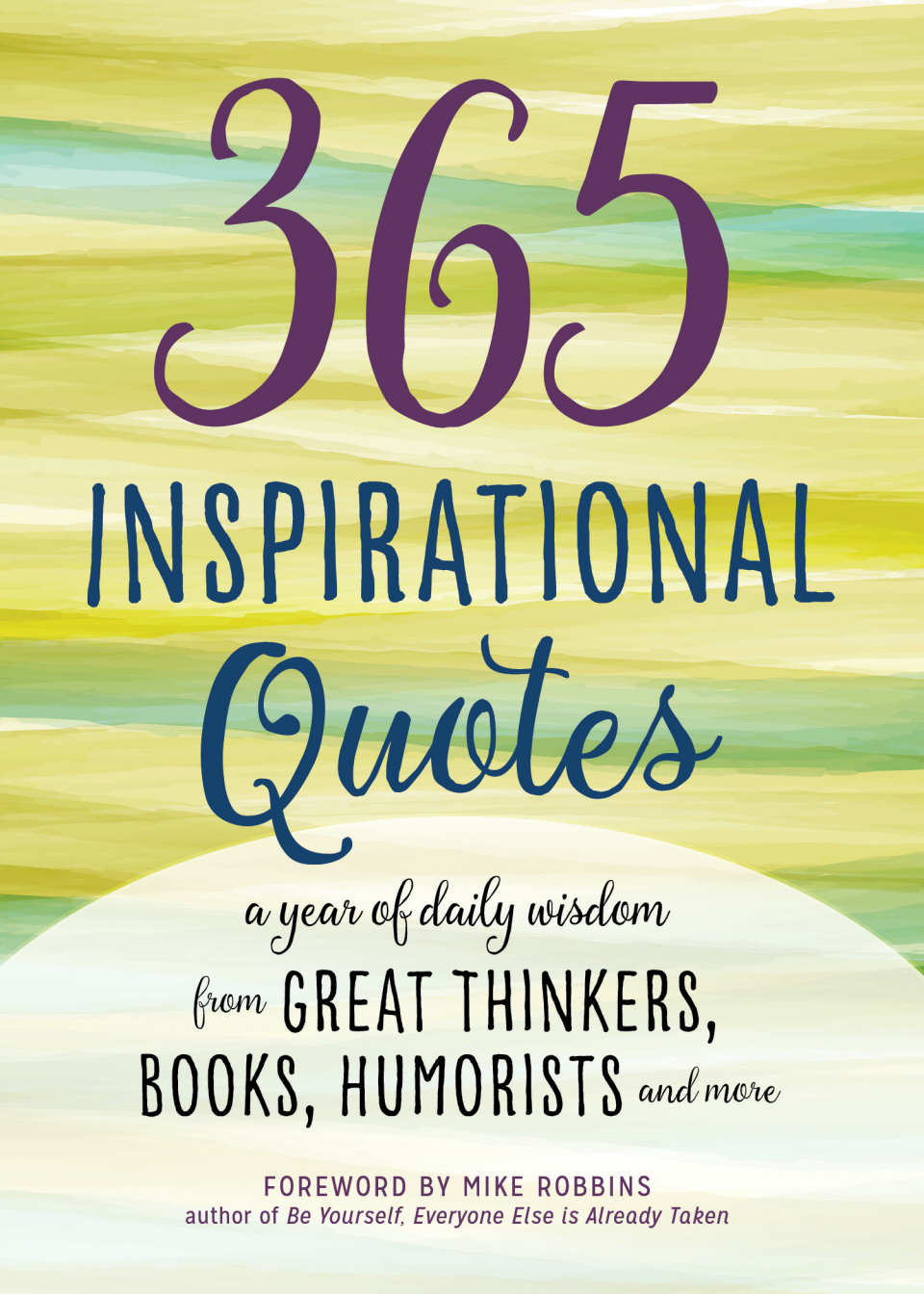




365

INSPIRATIONAL

Quotes

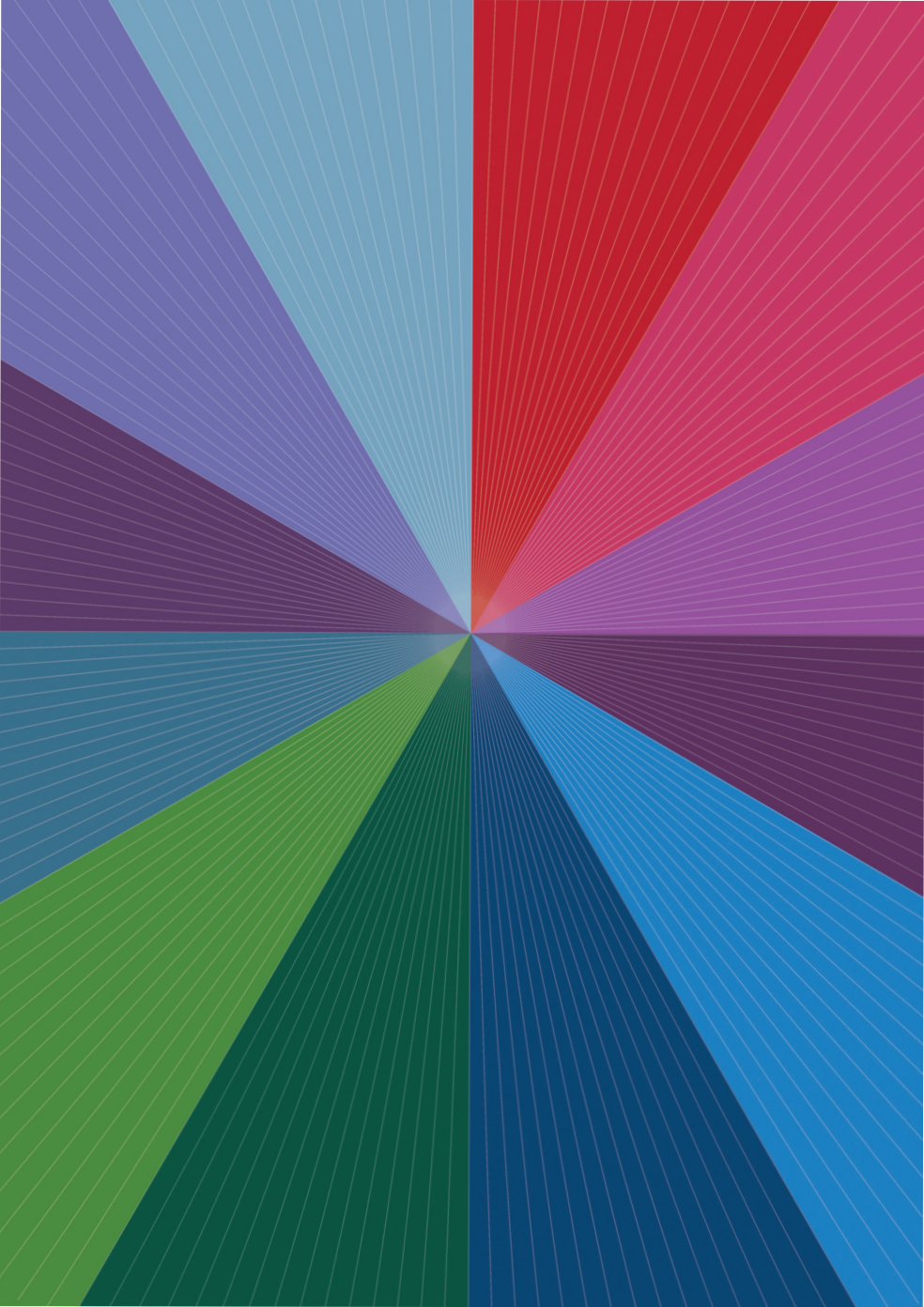
a year of daily wisdom
from GREAT THINKERS,
BOOKS, HUMORISTS *and more*

FOREWORD BY MIKE ROBBINS
author of *Be Yourself, Everyone Else is Already Taken*

SHOUT **IT**
SHARE



365
INSPIRATIONAL
QUOTES



365 INSPIRATIONAL Quotes

a year of daily wisdom
from GREAT THINKERS,
BOOKS, HUMORISTS *and more*



ALTHEA
PRESS

Copyright © 2015 by Althea Press,
Berkeley, California

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning or otherwise, except as permitted under Section 107 or 108 of the 1976 United States Copyright Act, without the prior written permission of the publisher. Requests to the publisher for permission should be addressed to the Permissions Department, Althea Press, 918 Parker St., Suite A-12, Berkeley, CA 94710.

Limit of Liability/Disclaimer of Warranty:

The publisher and the author make no representations or warranties with respect to the accuracy or completeness of the contents of this work and specifically disclaim all warranties, including without limitation warranties of fitness for a particular purpose. No warranty may be created or extended by sales or promotional materials. The advice and strategies contained herein may not be suitable for every situation. This work is sold with the understanding that the publisher is not engaged in rendering medical, legal or other professional advice or services. If professional assistance is required, the services of a competent professional person should be sought. Neither the publisher nor the author shall be liable for damages arising herefrom. The fact that an individual, organization or website is referred to in this work as a citation and/or potential source of further information does not mean that the author or the publisher endorses the information the individual, organization or website may provide or recommendations they/it may make. Further, readers should be aware that Internet websites listed in this work may have changed or disappeared between when this work was written and when it is read.

For general information on our other products and services or to obtain technical support, please contact our Customer Care Department within the United States at (866) 744-2665, or outside the United States at (510) 253-0500.

Althea Press publishes its books in a variety of electronic and print formats. Some content that appears in print may not be available in electronic books, and vice versa.

TRADEMARKS: Althea Press and the Althea Press logo are trademarks or registered trademarks of Callisto Media Inc. and/or its affiliates, in the United States and other countries, and may not be used without written permission. All other trademarks are the property of their respective owners. Althea Press is not associated with any product or vendor mentioned in this book.

ISBN: Print 978-1-62315-716-6
eBook 978-1-62315-717-3

CONTENTS

FOREWORD • 7

A NOTE FROM THE EDITOR • 10

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

REFERENCES • 381

FOREWORD

FOR MUCH OF MY LIFE, especially in my work as a motivational speaker, coach, and author over the past 15 years, I've been a bit obsessed with quotes. I display them throughout my house, include them on calendars, and regularly post them on social media. For me, it doesn't matter where the quote comes from—an author, artist, politician, comedian, movie, book, teacher, scholar, or even a friend or family member. If it resonates with me, I'll take it . . . and I'll probably want to share it with you.

In the pages that follow, you'll be inspired by a unique and diverse list of quotes—from people like Vincent van Gogh, Tina Fey, Babe Ruth, and Elon Musk and from sources like the Quran, the Bible, and *Winnie-the-Pooh*. The truth is, we can find wisdom and inspiration from many different people and places; we just need to be looking for it.

From my experience working as a coach for many years, I understand the power of daily practices. From meditation and exercise to journal writing and much more, my own daily practices are

essential to my life and well-being. And, in working with people from all walks of life, I've seen how transformational simple daily practices can be. This book is meant to be part of your daily practice; you can allow the power of each quote to impact how you start or end your day, and what you focus on.

Inspiration is vital to just about every aspect of our lives, yet it can be elusive. With more technology and devices in our lives than ever before, it's easy to get distracted, to remain insatiably busy, and to lose touch with our inspiration. If we aren't mindful, we can get caught up in the drama, negativity, and hyper pace of the world in which we live. These simple, but powerful, quotes can help open your mind and heart and remind you what truly matters in life, which is no small thing.

When I was writing my first book a number of years ago, I would often get stuck—my fears, doubts, and insecurities would take over and make it difficult for me to move forward. I found a few healthy (and many unhealthy) ways to deal with my bouts of writer's block (a.k.a. lack of inspiration), which at times was just plain old procrastination (a.k.a. fear).

One of the most productive techniques I found to deal with these issues was to search the Internet for inspirational quotes. Sometimes I was able to take the quotes I found and use them in my book; other times, they would help me expand my mind, think about something in a different way, or even just laugh. One week-end in the summer of 2006, as I was struggling to finish a chapter of that first book, I came across a quote I had not seen before, but that made me laugh out loud:

"Be yourself; everyone else is already taken."

—Oscar Wilde

FOREWORD

This poignant quote resonated with me at the time because it made me realize I was *trying* to do what I thought I was *supposed* to do—write a “good book”—instead of actually writing from my heart and sharing my own unique perspective. It left such a strong impression that I included it inside that first book, and used it as the title of my second book, which came out just a few years later.

Enjoy this book! Allow its wisdom, wit, and inspiration to sink in . . . and soak them up as much as you can. In a world where it's easy to find cynicism, resignation, negativity, and constant complaining, it sometimes takes a radical act of courage and self-care to focus on inspiration and what truly matters.

Mike Robbins

Novato, California

October 2015

A NOTE FROM THE EDITOR

INSPIRATION IS ALL AROUND US . . . but it's nice to have some of its gems contained in one place. Within these pages, you'll find a powerful collection of quotes from great minds, like Albert Einstein and Oscar Wilde, as well as from some classic books, films, speeches, and more. We've all known the experience of reading an unforgettable book or hearing an inspiring interview, or savored the lyrics to a moving song that seemed to be speaking directly to us, to be made just for us right then, in that moment. These happy coincidences allow us to understand that, while life's journey seems sometimes solitary, there are others who have walked the same path and even stumbled in the same places along the way—including the best and brightest.

This diverse collection of quotes will infuse your day with appreciation, encouragement, and wisdom. Take this book with you as you start or end your day, or whenever you need an uplifting pick-me-up. Although the quotes are aligned to days of the year, there's no right or wrong way to read it. Dive in from the beginning, read it backward, or pick a page at random—no matter your method, you'll receive the same nuggets of inspiration covering a wide range of themes, from embracing creativity to achieving gratitude to falling in love.

Where appropriate, you'll find quotes tailored to all of the major U.S. holidays, and even some of the little ones too (like April Fool's Day and Groundhog Day) as well as some international religious holidays.

No matter your circumstances, whether you're enduring a prolonged rough patch or simply seeking some moments of quiet inspiration to temper your busy schedule, there is something here for you—365 days of the year.



THIS IS WHERE
IT ALL BEGINS.
EVERYTHING STARTS
HERE, TODAY.

DAVID NICHOLLS, AUTHOR



Even when the
world throws its
worst and then
turns its back,
there is still
always hope.

PITTACUS LORE, AUTHOR

3

JANUARY

*If life is a bowl
of cherries,
what's inside
of it?*

JOSH STERN, AUTHOR



WE HAVE WITHIN US
AN EXTRAORDINARY
CAPACITY FOR
LOVE, JOY, AND
UNSHAKABLE
FREEDOM.

JACK KORNFIELD, AUTHOR



The reason birds can
fly and we can't is
simply because they
have perfect faith,
for to have faith
is to have wings.

J. M. BARRIE, AUTHOR



Sadness is more or less
like a head cold—with
patience, it passes.

BARBARA KINGSOLVER, AUTHOR

7

JANUARY

WHAT GOOD IS
WARMTH WITHOUT
COLD TO GIVE IT
SWEETNESS?

JOHN STEINBECK, AUTHOR

8

JANUARY

*May you be filled
with loving kindness.
May you be well.
May you be peaceful
and at ease. May
you be happy.*

ANONYMOUS



Enthusiasm is
the electricity of
life. How do you
get it? You act
enthusiastic until
you make it a habit.

GORDON PARKS, PHOTOGRAPHER



Happiness. Simple
as a glass of
chocolate or
tortuous as the
heart. Bitter.
Sweet. Alive.

JOANNE HARRIS, AUTHOR



*A desk is a
dangerous place
from which to
view the world.*

JOHN LE CARRÉ, AUTHOR

12

JANUARY

*If there is at least one
person you've helped
in life, then your life
has been worthwhile.*

L. SYDNEY ABEL, AUTHOR

13

JANUARY

Above all else, guard
your heart for it
affects everything
else you do.

ANONYMOUS

14

JANUARY

*There is a certain
enthusiasm in liberty,
that makes human
nature rise above itself,
in acts of bravery
and heroism.*

ALEXANDER HAMILTON, U.S. FOUNDING FATHER



Everyone knows that ice
cream is worth the trouble
of being cold. Like all things
virtuous, you have to suffer
to gain the reward.

BRANDON SANDERSON, AUTHOR



We can know only
that we know
nothing. And that is
the highest degree
of human wisdom.

LEO TOLSTOY, AUTHOR



*I am convinced that life
is 10% what happens
to me and 90% how I
react to it. And so it is
with you. . . . We are in
charge of our attitudes.*

CHARLES R. SWINDOLL, PASTOR



*Darkness cannot drive
out darkness:
only light can do that.
Hate cannot drive out hate:
only love can do that.*

MARTIN LUTHER KING JR.,
CIVIL RIGHTS ACTIVIST

19

JANUARY

THERE IS A TIME
FOR WORDS AND A
TIME FOR SLEEP.

HOMER, AUTHOR



THE EARLY BIRD GETS
THE WORM, BUT
THE SECOND MOUSE
GETS THE CHEESE.

ANONYMOUS



You can't fix things
with a hug, but you
can't make them
any worse, either.

DEAN KOONTZ, AUTHOR



The clouds above us
join and separate,
The breeze in the courtyard
leaves and returns.
Life is like that,
so why not relax?
Who can stop us from
celebrating?

LU YU, THE SAGE OF TEA

23

JANUARY

*Make a fist. Lightly.
Leave enough room
for a breath to pass
through. Good.
Good. All magic
proceeds from breath.
Remember that.*

CLIVE BARKER, AUTHOR

24

JANUARY

My life amounts to no more than one drop in a limitless ocean. Yet what is any ocean, but a multitude of drops?

DAVID MITCHELL, AUTHOR

25

JANUARY

It is very rare or
almost impossible
that an event can
be negative from
all points of view.

DALAI LAMA, BUDDHIST MONK

26

JANUARY

IT'S AMAZING HOW
A LITTLE TOMORROW
CAN MAKE UP FOR
A WHOLE LOT OF
YESTERDAY.

JOHN GUARE, PLAYWRIGHT



Strength is the capacity
to break a Hershey bar
into four pieces with your
bare hands—and then eat
just one of the pieces.

JUDITH VIORST, AUTHOR

28

JANUARY

*Choose a job you
love, and you will
never have to work
a day in your life.*

ANONYMOUS



The world's a
puzzle; no need
to make sense
out of it.

SOCRATES, PHILOSOPHER



*After all,
there are no
mistakes in life,
only lessons.*

LYNDA RENHAM, AUTHOR



Someday this upside-down world will be turned right-side up. Nothing in all eternity will turn it back again. If we are wise, we will use our brief lives on earth positioning ourselves for the turn.

RANDY ALCORN, AUTHOR



Lock up your
libraries if you like;
but there is no gate,
no lock, no bolt
that you can set
upon the freedom
of my mind.

VIRGINIA WOOLF, AUTHOR

2

FEBRUARY

*To wish to be young
again and to have the
benefit of one's learned
and acquired existence
is not at all to wish for
a repeat performance,
or a Groundhog Day.*

CHRISTOPHER HITCHENS, AUTHOR



*Music is the great uniter.
An incredible force.
Something that people
who differ on everything
and anything else can
have in common.*

SARAH DESSEN, AUTHOR



Some quick
advice for
success in life:
Don't be afraid,
be amazing.

DR. CUTHBERT SOUP, AUTHOR

5

FEBRUARY

*From where we
stand the rain seems
random. If we could
stand somewhere
else, we would see
the order in it.*

TONY HILLERMAN, AUTHOR



Be like a duck, paddling and
working very hard inside the
water, but what everyone sees
is a smiling and calm face.

MANOJ ARORA, AUTHOR



Don't walk in front of me . . .

I may not follow

Don't walk behind me . . .

I may not lead

Walk beside me . . .

just be my friend.

ANONYMOUS



A KITE ONLY FLIES IF IT'S TETHERED.

VICTOR ROBERT LEE, AUTHOR



TRUE LOVE IS LIKE
LITTLE ROSES,
SWEET, FRAGRANT
IN SMALL DOSES.

ANA CLAUDIA ANTUNES, AUTHOR

10

FEBRUARY

We dream to give
ourselves hope. To
stop dreaming—well,
that's like saying
you can never
change your fate.

AMY TAN, AUTHOR

11

FEBRUARY

*When you do talk to
people, share what
you are. Stop focusing
on all the things
that you aren't.*

DAN PEARCE, AUTHOR



Always bear in
mind that your
own resolution to
succeed is more
important than any
other one thing.

ABRAHAM LINCOLN, U.S. PRESIDENT



Curiosity is one of the
permanent and certain
characteristics of a
vigorous intellect.

SAMUEL JOHNSON, AUTHOR



*And so let us always
meet each other with
a smile, for the smile is
the beginning of love.*

MOTHER TERESA, CATHOLIC MISSIONARY



BELIEVE YOU
CAN AND YOU'RE
HALFWAY THERE.

THEODORE ROOSEVELT, U.S. PRESIDENT



If you're not having
fun, you're doing
something wrong.

GROUCHO MARX, COMEDIAN



*Through Compassion and
Care we are compelled to
random acts of kindness
and demonstrations of love.*

JEAN HAMILTON-FORD, AUTHOR



Accept what life offers you and
try to drink from every cup. All
wines should be tasted; some
should only be sipped, but with
others, drink the whole bottle.

PAULO COELHO, AUTHOR

19

FEBRUARY

A PERSON WHO
NEVER MADE
A MISTAKE
NEVER TRIED
ANYTHING NEW.

ALBERT EINSTEIN, PHYSICIST



What matters
most is how
well you walk
through the fire.

CHARLES BUKOWSKI, POET



The smell of good bread
baking, like the sound of
lightly flowing water, is
indescribable in its evocation
of innocence and delight.

M.F.K. FISHER, FOOD WRITER

22

FEBRUARY

*Do not spoil what you
have by desiring what
you have not; remember
that what you now have
was once among the things
you only hoped for.*

EPICURUS, PHILOSOPHER

23

FEBRUARY

TRULY HAPPY
MEMORIES ALWAYS
LIVE ON, SHINING.
OVER TIME, ONE BY
ONE, THEY COME
BACK TO LIFE.

BANANA YOSHIMOTO, AUTHOR



There are always surprises. Life
may be inveterately grim and
the surprises disproportionately
unpleasant, but it would be
hardly worth living if there were
no exceptions, no sunny days,
no acts of random kindness.

T. C. BOYLE, AUTHOR



I have always
thirsted for
knowledge, I have
always been full
of questions.

HERMANN HESSE, AUTHOR

26

FEBRUARY

THERE ARE MANY
KINDS OF JOY, BUT
THEY ALL LEAD
TO ONE: THE JOY
TO BE LOVED.

MICHAEL ENDE, AUTHOR



Scared is what
you're feeling.
Brave is what
you're doing.

EMMA DONOGHUE, AUTHOR



*Each night, when
I go to sleep, I die.
And the next morning,
when I wake up,
I am reborn.*

MAHATMA GANDHI, ACTIVIST

29

FEBRUARY

*I'm taking
the leap,
I'm learning
to fly.*

NIHAR SHARMA, AUTHOR



One way to
remember who
you are is to
remember who
your heroes are.

STEVE JOBS, COFOUNDER OF APPLE INC.

2

MARCH

Books are the ultimate
Dumpees: put them down and
they'll wait for you forever;
pay attention to them and
they always love you back.

JOHN GREEN, AUTHOR

3

MARCH

*The beautiful journey
of today can only
begin when we learn
to let go of yesterday.*

DR. STEVE MARABOLI, BEHAVIORAL SCIENTIST



NEVER ACCEPT LIMITATIONS.

JAKE BYRNE, ATHLETE



I hold that a strongly marked
personality can influence
descendants for generations.

BEATRIX POTTER, AUTHOR



*I've never met
a problem a
proper cupcake
couldn't fix.*

SARAH OCKLER, AUTHOR



If we can share our
story with someone
who responds
with empathy and
understanding,
shame can't survive.

BRENÉ BROWN, AUTHOR



The road that is built in hope is
more pleasant to the traveler
than the road built in despair,
even though they both lead
to the same destination.

MARION ZIMMER BRADLEY, AUTHOR



*Revolution
begins with the
self, in the self.*

TONI CADE BAMBARA, AUTHOR AND ACTIVIST

10
MARCH

*You are the sky.
Everything
else it's just the
weather.*

PEMA CHÖDRÖN, BUDDHIST
TEACHER AND AUTHOR



It's best to have your tools with you. If you don't, you're apt to find something you didn't expect and get discouraged.

STEPHEN KING, AUTHOR



Don't be ashamed to weep;
'tis right to grieve. Tears
are only water, and flowers,
trees, and fruit cannot
grow without water.

BRIAN JACQUES, AUTHOR

13

MARCH

*Not everyone is your
brother or sister in the
faith, but everyone is your
neighbor, and you must
love your neighbor.*

TIMOTHY KELLER, PASTOR

14

MARCH

THINKING VERY
OFTEN RESEMBLES
NAPPING, BUT
THE INTENT IS
DIFFERENT.

JANET EVANOVICH, AUTHOR



The soil is the great connector
of lives, the source and
destination of all. It is the healer
and restorer and resurrector,
by which disease passes into
health, age into youth, death
into life. Without proper care for
it we can have no community,
because without proper care
for it we can have no life.

WENDELL BERRY, AUTHOR

16

MARCH

*It is a capital mistake
to theorize before one
has data. Insensibly
one begins to twist
facts to suit theories,
instead of theories
to suit facts.*

SIR ARTHUR CONAN DOYLE, AUTHOR



St. Patrick's Day
is an enchanted
time—a day to
begin transforming
winter's dreams into
summer's magic.

ANONYMOUS

18

MARCH

*There are so many ways
to be brave in this world.*

*Sometimes bravery
involves laying down
your life for something
bigger than yourself,
or for someone else.*

VERONICA ROTH, AUTHOR



Life is worth
living as long
as there's a
laugh in it.

L. M. MONTGOMERY, AUTHOR



I can still bring into my body
the joy I felt at seeing the first
trillium of spring, which seemed
to be telling me, “Never give
up hope, spring will come.”

JESSICA STERN, AUTHOR

21

MARCH

*As we are, so we
do; and as we do,
so is it done to us;
we are the builders
of our fortunes.*

RALPH WALDO EMERSON, AUTHOR

22

MARCH

THE PAST IS
ALWAYS TENSE,
THE FUTURE
PERFECT.

ZADIE SMITH, AUTHOR



You come into this world alone
and die alone, but there's a
really long stretch in the middle
that can be extraordinarily
meaningful and even fun with
the right people. And when it's
not fun, they'll be with you, too.

JULIE KLAM, AUTHOR



Your harshest critic is
always going to be yourself.
Don't ignore that critic but
don't give it more attention
than it deserves.

MICHAEL IAN BLACK, COMEDIAN

25

MARCH

NOT ALL THOSE
WHO WANDER
ARE LOST.

J.R.R. TOLKIEN, AUTHOR



Life is indeed colorful. We can feel
in the pink one day, with our bank
balances comfortably in the black, and
the grass seemingly no greener on the
other side of the fence. Then out of
the blue, something tiresome happens
that makes us see red, turn ashen
white, even purple with rage. Maybe
controlling our varying emotions is just
“color management” by another name.

ALEX MORRITT, AUTHOR

27

MARCH

*Things happen, and
nothing is for sure,
but you just have to
keep going, believing
that one day, you'll
find something that is.*

A. J. DARKHOLME, AUTHOR

28

MARCH

THE MOST BASIC WAY
TO GET SOMEONE'S
ATTENTION IS THIS:
BREAK A PATTERN.

CHIP HEATH AND DAN HEATH, AUTHORS



Yesterday is but a dream,
Tomorrow is only a vision.
But today well lived makes
every yesterday
a dream of happiness,
and every tomorrow
a vision of hope.

KALIDASA, POET



Home is
everything you
can walk to.

JERRY SPINELLI, AUTHOR

31

MARCH

AND THERE'S NO SUCH THING AS TOO MUCH BACKUP.

TERRY PRATCHETT AND
STEPHEN BAXTER, AUTHORS

1

APRIL

*Any fool can
make a rule
And any fool
will mind it.*

HENRY DAVID THOREAU, AUTHOR

2

APRIL

If there is to be
reconciliation,
first there must
be truth.

TIMOTHY B. TYSON, AUTHOR



Life throws challenges
and every challenge
comes with rainbows and
lights to conquer it.

AMIT RAY, AUTHOR

4

APRIL

*That perfect tranquility
of life, which is nowhere
to be found but in
retreat, a faithful friend,
and a good library.*

APHRA BEHN, POET

5

APRIL

I think love is caramel. Sweet
and fragrant; always welcome.

It is the gentle golden color
of a setting harvest sun; the
warmth of a squeezed embrace;
the easy melting of two souls
into one and a taste that
lingers even when everything
else has melted away. Once
tasted it is never forgotten.

JENNY COLGAN, AUTHOR

6

APRIL

*And human will is the
strongest force ever created.*

*There are those born to
succeed and those who are
determined to succeed. The
former fall into it, and the
latter pursue it all costs.*

*They won't be denied.
Nothing daunts them.*

SHERRILYN KENYON, AUTHOR



It's high time you
were shown that
you really don't
know all there is
to be known.

DR. SEUSS, AUTHOR

8

APRIL

*Life is so beautiful that
death has fallen in
love with it, a jealous,
possessive love that
grabs at what it can.*

YANN MARTEL, AUTHOR



THE POSITIVE
THINKER SEES THE
INVISIBLE, FEELS
THE INTANGIBLE,
AND ACHIEVES
THE IMPOSSIBLE.

WINSTON CHURCHILL, BRITISH PRIME MINISTER

10

APRIL

Some people
grumble that roses
have thorns; I
am grateful that
thorns have roses.

ALPHONSE KARR, AUTHOR



No one saves us but ourselves.
No one can and no one may. We
ourselves must walk the path.

GAUTAMA BUDDHA, BUDDHIST SAGE

12

APRIL

*Friendship is the
best kind of ship.*

JENNIFER LANE, AUTHOR

13

APRIL

*When angry count to
ten before you speak.
If very angry, count
to one hundred.*

THOMAS JEFFERSON, U.S. PRESIDENT

14

APRIL

Keep a little
fire burning;
however small,
however hidden.

CORMAC MCCARTHY, AUTHOR

15

APRIL

I have learned all
kinds of things from
my many mistakes.

The one thing I
never learn is to
stop making them.

JOE ABERCROMBIE, AUTHOR

16

APRIL

*Sunsets, like childhood,
are viewed with
wonder not just
because they are
beautiful but because
they are fleeting.*

RICHARD PAUL EVANS, AUTHOR



Remember, remember always
that all of us, and you and I
especially, are descended from
immigrants and revolutionists.

FRANKLIN D. ROOSEVELT, U.S. PRESIDENT

18

APRIL

DOGS MAKE
GREAT SHRINKS.
NO JUDGMENT,
NO CO-PAYMENT.

ANDI BROWN, AUTHOR

19

APRIL

*When someone steals
another's clothes,
we call them a thief.
Should we not give
the same name to one
who could clothe the
naked and does not?*

BASIL OF CAESAREA, SAINT

20

APRIL

The world turns on
our every action,
and our every
omission, whether
we know it or not.

ABRAHAM VERGHESE, PHYSICIAN

21

APRIL

It doesn't matter
what you say
you believe—
it only matters
what you do.

ROBERT FULGHUM, AUTHOR

22

APRIL

PASSOVER IS A
LIVING PICTURE OF
HOW SALVATION IS
PROPERLY OBTAINED,
AS WE SHALL SEE.

ZOLA LEVITT, MINISTER

23

APRIL

*A picnic is more
than eating a
meal; it is a
pleasurable
state of mind.*

DEEDEE STOVEL, AUTHOR

24

APRIL

There will always
be detours in the
fascinating game
called life. Find
the path to your
heart's desires, and
stay on course.

ELIZABETH PARKER, AUTHOR

25

APRIL

*At kiss is a secret
which takes the
lips for the ear.*

EDMOND ROSTAND, POET



A true conservationist is a man
who knows that the world is
not given by his fathers, but
borrowed from his children.

JOHN JAMES AUDUBON, NATURALIST

27

APRIL

The world is a book
and those who
do not travel read
only one page.

AUGUSTINE OF HIPPO, SAINT

28

APRIL

*Poetry is a mirror
which makes beautiful
that which is distorted.*

PERCY BYSSHE SHELLEY, POET

29

APRIL

THE BEST TIME TO
PLANT A TREE WAS
20 YEARS AGO.
THE NEXT BEST
TIME IS NOW.

CHINESE PROVERB

30

APRIL

Be yourself;
everyone else is
already taken.

OSCAR WILDE, AUTHOR



*We have to recognize
that there cannot be
relationships unless there
is commitment, unless there
is loyalty, unless there is
love, patience, persistence.*

BELL HOOKS AND CORNEL WEST, AUTHORS



Art is unquestionably one
of the purest and highest
elements in human happiness.
It trains the mind through
the eye, and the eye through
the mind. As the sun colors
flowers, so does art color life.

JOHN LUBBOCK, SCIENTIST



I am no bird; and no
net ensnares me: I am a
free human being with
an independent will.

CHARLOTTE BRONTË, AUTHOR



MAY THE
FORCE BE
WITH YOU.

STAR WARS, EPISODE IV: A NEW HOPE



Faith lightens the
path your shadowed
mind has to walk.

MICHELLE HORST, AUTHOR



*Drink because you are
happy, but never because
you are miserable.*

G. K. CHESTERTON, AUTHOR



There is only what you want
and what happens. There is
only grabbing on and holding
tight in the darkness.

LAUREN OLIVER, AUTHOR

8
MAY

*God could not
be everywhere,
and therefore he
made mothers.*

JEWISH PROVERB



If you want to
know what a man's
like, take a good
look at how he
treats his inferiors,
not his equals.

J. K. ROWLING, AUTHOR

10

MAY

*Once you have
mastered a technique,
you hardly need
look at a recipe
again, and can take
off on your own.*

JULIA CHILD, CHEF

11
MAY

THERE WAS
NOTHING IN THE
DARK THAT WASN'T
THERE WHEN THE
LIGHTS WERE ON.

ROD SERLING, SCREENWRITER

12

MAY

Mediocrity is
always in a rush;
but whatever is
worth doing at all
is worth doing with
consideration.

AMELIA EDITH HUDDLESTON BARR, AUTHOR



Curb your fretting,
tadpole, or the frog
of your future will
fail to croak.

PAUL COLLINS, AUTHOR

14
MAY

*If love be blind,
love cannot hit
the mark.*

WILLIAM SHAKESPEARE, PLAYWRIGHT

15
MAY

*And I will never again
underestimate the power
of anticipation. There
is no better boost in the
present than an invitation
into the future.*

CAROLINE KEPNES, AUTHOR



To be poor and be without trees, is to be the most starved human being in the world. To be poor and have trees, is to be completely rich in ways that money can never buy.

CLARISSA PINKOLA ESTÉS, AUTHOR

17
MAY

OLD AGE IS A WONDERFUL DISGUISE.

KATHERINE APPLGATE, AUTHOR



Things end. People leave. And
you know what? Life goes on.
Besides, if bad things didn't
happen, how would you be
able to feel the good ones?

ELIZABETH SCOTT, AUTHOR

19

MAY

Keep your face
to the sun and
you will never see
the shadows.

HELEN KELLER, AUTHOR AND ACTIVIST

20
MAY

*Life is no different than
the weather. Not only is
it unpredictable, but it
shows us a new perspective
of the world every day.*

SUZY KASSEM, AUTHOR

21
MAY

THE WATER
DOESN'T KNOW
HOW OLD
YOU ARE.

DARA TORRES, OLYMPIC GOLD MEDALIST



22

MAY

Every single day I'll
keep you with me,
no matter how far
from me you are.

S. C. STEPHENS, AUTHOR



23

MAY

What do you do with all
your pennies? I give them
away. It's good to spread
your luck around and it
always comes back to you.

FANNIE FLAGG, ACTOR

24
MAY

*Even a snail will
eventually reach
its destination.*

GAIL TSUKIYAMA, AUTHOR

25

MAY

*A woman with
confidence is hypnotic.
A smile is mesmerizing.
Presence, openness, a
sense of humor these
are all things that make
a woman attractive.*

JESSICA ORTNER, AUTHOR



26

MAY

Sometimes you
have to work
hard for what you
want. Sometimes,
hard work is what
makes it precious.

UTE CARBONE, AUTHOR



27
MAY

I cannot say whether things
will get better if we change;
what I can say is that they must
change if they are to get better.

GEORG CHRISTOPH LICHTENBERG, SCIENTIST

28

MAY

IT'S TIME TO
START LIVING
THE LIFE YOU'VE
IMAGINED.

HENRY JAMES, AUTHOR

29

MAY

*Just as when we come
into the world, when
we die we are afraid of
unknown things. But the
fear is something from
within us that has nothing
to do with reality.*

ISABEL ALLENDE, AUTHOR



I have to live
if I want to be
remembered.

SUZANNE YOUNG, AUTHOR



31

MAY

The art of
conversation is
the art of hearing
as well as of
being heard.

WILLIAM HAZLITT, ESSAYIST



PAIN IS
INEVITABLE.
SUFFERING IS
OPTIONAL.

HARUKI MURAKAMI, AUTHOR

2

JUNE

*Be steady and
well-ordered in your
life so that you can
be fierce and original
in your work.*

GUSTAVE FLAUBERT, AUTHOR



3

JUNE

I want all of us to
move into the future
with hope and
with the spirit of
oneness and unity.

JOYCE BANDA, POLITICIAN

4

JUNE

Through pain I've
learned to comfort
suffering men.

VIRGIL, POET

5

JUNE

*It's one thing knowing
you have people cheering
you on, yet another to
know they have walked
in your footsteps.*

CHRISTINE MAGNUS MOORE, AUTHOR



In the future, there
will be no female
leaders. There will
just be leaders.

SHERYL SANDBERG, TECHNOLOGY EXECUTIVE

7

JUNE

*Patience is
a conquering
virtue.*

GEOFFREY CHAUCER, POET



THAT WAS WHAT A
BEST FRIEND DID:
HOLD UP A MIRROR
AND SHOW YOU
YOUR HEART.

KRISTIN HANNAH, AUTHOR

9

JUNE

*If you retain nothing
else, always remember
the most important
rule of beauty.
Who cares?*

TINA FEY, COMEDIAN



Be clearly aware of the
stars and infinity on high.
Then life seems almost
enchanted after all.

VINCENT VAN GOGH, PAINTER



*It's hard to beat
a person who
never gives up.*

BABE RUTH, ATHLETE



WHAT WE PLAY IS LIFE.

LOUIS ARMSTRONG, MUSICIAN



Positive anything
is better than
negative nothing.

ELBERT HUBBARD, AUTHOR



14

JUNE

If you talk about
it, it's a dream, if
you envision it, it's
possible, but if you
schedule it, it's real.

ANTHONY ROBBINS, MOTIVATIONAL SPEAKER

15

JUNE

*It may be
normal, darling;
but I'd rather
be natural.*

TRUMAN CAPOTE, AUTHOR

16

JUNE

NO GROUP PICTURE
IS GOING TO HAVE
THE POWER OF
AN INDIVIDUAL
PORTRAIT.

ANNIE LEIBOVITZ, PHOTOGRAPHER

17
JUNE

*Sometimes you
just have to
bite your upper
lip and put
sunglasses on.*

BOB DYLAN, MUSICIAN



Whatever you choose, however many roads you travel, I hope that you choose not to be a lady. I hope you will find some way to break the rules and make a little trouble out there. And I also hope that you will choose to make some of that trouble on behalf of women.

NORA EPHRON, AUTHOR

19

JUNE

*It was times like these
when I thought my
father, who hated
guns and had never
been to any wars,
was the bravest man
who ever lived.*

HARPER LEE, AUTHOR

20
JUNE

Don't think the
summer is over,
even when roses
droop and turn
brown and the
stars shift position
in the sky.

ALICE HOFFMAN, AUTHOR

21

JUNE

YOU HAVE TO BE
ABLE TO RECOGNIZE
YOUR TRUTHS IN THE
DAYLIGHT BEFORE
YOU CAN FIND THEM
IN THE DARK.

KELLI JAE BAELI, AUTHOR

22

JUNE

*Don't tell me how
educated you are,
tell me how much
you have traveled.*

THE QURAN



You might be poor,
your shoes might
be broken, but your
mind is a palace.

FRANK MCCOURT, AUTHOR

24
JUNE

THE UNIVERSE DOESN'T ALLOW PERFECTION.

STEPHEN HAWKING, PHYSICIST

25

JUNE

Like I'm always telling my
brothers, if you gonna go
into history, you can't do
it with a hate attitude.

DEBORAH LACKS, AS QUOTED IN *THE
IMMORTAL LIFE OF HENRIETTA LACKS*

26

JUNE

Hard work is only
a prison sentence
when you lack
motivation.

MALCOLM GLADWELL, AUTHOR

27

JUNE

*I prefer to be true to
myself, even at the
hazard of incurring
the ridicule of others,
rather than to be
false, and to incur
my own abhorrence.*

FREDERICK DOUGLASS, SOCIAL ACTIVIST



What you believe has more
power than what you dream
or wish or hope for. You
become what you believe.

OPRAH WINFREY, MEDIA PERSONALITY

29

JUNE

*Not everything has
to have a point. Some
things just are.*

JUDY BLUME, AUTHOR



The more people
that meet each
other, the better it
is for all of them.

L. SPRAGUE DE CAMP AND
FLETCHER PRATT, AUTHORS

1

JULY

I HAVE LEARNED
THAT TO BE WITH
THOSE I LIKE
IS ENOUGH.

WALT WHITMAN, POET

2

JULY

*One touch of
nature makes the
whole world kin.*

JOHN MUIR, NATURALIST



Good ideas are
always crazy
until they're not.

ELON MUSK, INVENTOR

4

JULY

INDEPENDENCE
IS MY HAPPINESS,
THE WORLD IS MY
COUNTRY, AND
MY RELIGION IS
TO DO GOOD.

THOMAS PAYNE, POLITICAL ACTIVIST

5

JULY

Concentrate all
your thoughts upon
the work in hand.

The sun's rays
do not burn until
brought to a focus.

ALEXANDER GRAHAM BELL, INVENTOR

6

JULY

*They always say that
time changes things, but
you actually have to
change them yourself.*

ANDY WARHOL, ARTIST



A man's daughter is his
heart. Just with feet,
walking out in the world.

MAT JOHNSON, AUTHOR



It does not take
many words to
tell the truth.

SITTING BULL, LAKOTA CHIEF

9

JULY

*Please don't be
offended if I preach
to you a while. Tears
are out of place
in eyes that were
meant to smile.*

BUD DESYLVA, SONGWRITER

10
JULY

Have a heart that
never hardens, and
a temper that never
tires, and a touch
that never hurts.

CHARLES DICKENS, AUTHOR

11

JULY

LOVE IS A GOOD
THING ON A BAD
DAY, WHEN THE LAST
THING YOU WANT IS
TO BE CHEERED UP.

CHAD SUGG, MUSICIAN

12

JULY

One day I will find
the right words, and
they will be simple.

JACK KEROUAC, AUTHOR

13
JULY

*Definitions belong
to the definers,
not the defined.*

TONI MORRISON, AUTHOR

14
JULY

*A Nation should not
be judged by how it
treats its highest citizens,
but its lowest ones.*

NELSON MANDELA, PRESIDENT
OF SOUTH AFRICA



15

JULY

You give but little when you
give of your possessions.
It is when you give of
yourself that you truly give.

KAHLIL GIBRAN, AUTHOR

16

JULY

IF I'M SINCERE
TODAY, WHAT
DOES IT MATTER
IF I REGRET IT
TOMORROW?

JOSÉ SARAMAGO, AUTHOR

17
JULY

*Life is better than
death, I believe, if
only because it is
less boring . . .*

ALICE WALKER, AUTHOR

18

JULY

*When you stare
at someone long
enough, you discover
their humanity.*

AS GOOD AS IT GETS

19

JULY

Perfection is
not attainable,
but if we chase
perfection we can
catch excellence.

VINCE LOMBARDI, ATHLETE



20
JULY

I'm in no hurry: the sun and
the moon aren't, either.
Nobody goes faster than the
legs they have. If where I
want to go is far away, I'm
not there in an instant.

FERNANDO PESSOA AS ALBERTO CAEIRO, POET

21

JULY

*The only way we will
survive is by being kind.
The only way we can get
by in this world is through
the help we receive from
others. No one can do
it alone, no matter how
great the machines are.*

AMY POEHLER, COMEDIAN

22

JULY

*I beg you take
courage; the
brave soul can
mend even
disaster.*

CATHERINE THE GREAT, RULER OF RUSSIA

23
JULY

I would like to be
remembered, well . . . the
Mexicans have a phrase,
Feo fuerte y formal. Which
means he was ugly,
strong, and had dignity.

JOHN WAYNE, ACTOR

24

JULY

PARENTHOOD
... IT'S ABOUT
GUIDING THE NEXT
GENERATION, AND
FORGIVING THE LAST.

PETER KRAUSE, ACTOR

25

JULY

Life isn't a merry-go-round,
it's a roller coaster.
Life won't always be smooth,
it may not always be pretty,
but it will be an adventure—
one not to be missed.

ROBERT A. GLOVER, AUTHOR

26

JULY

*Hope makes a
good breakfast.
Eat plenty of it.*

IAN FLEMING, AUTHOR



27

JULY

Just because a man
lacks the use of his
eyes doesn't mean
he lacks vision.

STEVIE WONDER, MUSICIAN



When an enemy
praises an
enemy, the smart
man listens.

BUFFALO SOLDIERS

29
JULY

A LITTLE NONSENSE
NOW AND THEN,
IS RELISHED BY THE
WISEST MEN.

ROALD DAHL, AUTHOR

30
JULY

*Never to suffer
would never
to have been
blessed.*

EDGAR ALLAN POE, AUTHOR

31

JULY

People think a soul mate is your perfect fit, and that's what everyone wants. But a true soul mate is a mirror, the person who shows you everything that is holding you back, the person who brings you to your own attention so you can change your life.

ELIZABETH GILBERT, AUTHOR



People can tell you to
keep your mouth shut, but
it doesn't stop you from
having your own opinion.

ANNE FRANK, DIARIST



*Never be bored,
and you will never
be boring.*

ELEANOR ROOSEVELT, DIPLOMAT AND ACTIVIST

3

AUGUST

*Carry out a random
act of kindness with
no expectation of
reward, safe in the
knowledge that one
day someone might
do the same for you.*

DIANA, PRINCESS OF WALES

4

AUGUST

Anyone with
gumption and a
sharp mind will take
the measure of two
things: what's said
and what's done.

BEOWULF

5

AUGUST

AS COAL PRESSURED
INTO PEARLS BY OUR
WEIGHTY EXISTENCE.
BEAUTY THAT AROSE
OUT OF PAIN.

SUZANNE COLLINS, AUTHOR



Individually, every grain of sand brushing against my hands represents a story, an experience, and a block for me to build upon for the next generation.

RAQUEL CEPEDA, JOURNALIST



And now here is my secret, a
very simple secret: It is only
with the heart that one can
see rightly; what is essential
is invisible to the eye.

ANTOINE DE SAINT-EXUPÉRY, AUTHOR

8

AUGUST

*Life is so much richer,
so very much more
meaningful, if you plant
yourself in a place that
will nourish you.*

ANN SHAYNE, AUTHOR



THINK BEFORE
YOU SPEAK.
READ BEFORE
YOU THINK.

FRAN LEBOWITZ, AUTHOR



*We often miss
opportunity because
it's dressed in overalls
and looks like work.*

THOMAS EDISON, INVENTOR



We need to
remember across
generations that
there is as much
to learn as there
is to teach.

GLORIA STEINEM, FEMINIST AUTHOR



LET US LEARN
TO SHOW OUR
FRIENDSHIP FOR
A MAN WHEN HE
IS ALIVE AND NOT
AFTER HE IS DEAD.

F. SCOTT FITZGERALD, AUTHOR

13

AUGUST

*Others have seen what
is and asked why. I
have seen what could
be and asked why not.*

PABLO PICASSO, PAINTER



14

AUGUST

One of the things my parents taught me, and I'll always be grateful for the gift, is to not ever let anybody else define me; that for me to define myself.

WILMA MANKILLER, CHEROKEE CHIEF



Keep your best
wishes, close
to your heart
and watch what
happens.

TONY DELISO, AUTHOR

16

AUGUST

CHANCE RUNS LIKE
A RIVER THROUGH
ALL OUR LIVES, AND
BEING PREPARED
FOR SURPRISE IS THE
BEST WE CAN DO.

KENNETH OPPEL, AUTHOR

17

AUGUST

Think you're
escaping and
run into yourself.
Longest way round
is the shortest
way home.

JAMES JOYCE, AUTHOR

18

AUGUST

*For, while the tale of
how we suffer, and
how we are delighted,
and how we may
triumph is never new, it
always must be heard.*

JAMES BALDWIN, AUTHOR



*The more one does and
sees and feels, the more
one is able to do, and the
more genuine may be one's
appreciation of fundamental
things like home, and
love, and understanding
companionship.*

AMELIA EARHART, AVIATOR

20

AUGUST

Memories remind us that every moment of our lives, even the most tragic, has contributed to our strength. We've gotten through. We're still here.

WILLIE NELSON, MUSICIAN



I am incapable of conceiving
infinity, and yet I do not accept
finitude. I want this adventure
that is the context of my
life to go on without end.

SIMONE DE BEAUVOIR, FEMINIST THEORIST

22

AUGUST

THE GREATEST
SELF IS A PEACEFUL
SMILE, THAT ALWAYS
SEES THE WORLD
SMILING BACK.

BRYANT MCGILL AND JENNI YOUNG, AUTHORS

23

AUGUST

It's the questions we can't answer that teach us the most. They teach us how to think. If you give a man an answer, all he gains is a little fact. But give him a question and he'll look for his own answers.

PATRICK ROTHFUSS, AUTHOR

24

AUGUST

And now these
three remain: faith,
hope, and love.
But the greatest
of these is love.

THE BIBLE



To err is human,
to forgive, divine.

ALEXANDER POPE, POET

26

AUGUST

*I do not wish [women]
to have power over men;
but over themselves.*

MARY WOLLSTONECRAFT, AUTHOR



Sometimes the hardest part
isn't letting go but rather
learning to start over.

NICOLE SOBON, AUTHOR



*It is better to be hated for
what you are than to be
loved for what you are not.*

ANDRÉ GIDE, AUTHOR

29

AUGUST

I MAY NOT HAVE
GONE WHERE I
INTENDED TO GO,
BUT I THINK I HAVE
ENDED UP WHERE
I NEEDED TO BE.

DOUGLAS ADAMS, AUTHOR



If you remain
calm in the midst
of great chaos,
it is the surest
guarantee that it
will eventually
subside.

JULIE ANDREWS, ACTOR



Dreams are lovely. But they
are just dreams. Fleeting,
ephemeral, pretty. But dreams
do not come true just because
you dream them. It's hard work
that makes things happen. It's
hard work that creates change.

SHONDA RHIMES, SCREENWRITER

1

SEPTEMBER

*Never let the future disturb
you. You will meet it,
if you have to, with the
same weapons of reason
which today arm you
against the present.*

MARCUS AURELIUS, ROMAN EMPEROR



I disapprove of
what you say, but
I will defend to
the death your
right to say it.

S. G. TALLENTYRE, AUTHOR

3

SEPTEMBER

IT HAS ALWAYS
BEEN EASY TO HATE
AND DESTROY.
TO BUILD AND TO
CHERISH IS MUCH
MORE DIFFICULT.

QUEEN ELIZABETH II

4

SEPTEMBER

*Clouds come floating
into my life, no longer
to carry rain or usher
storm, but to add color
to my sunset sky.*

RABINDRANATH TAGORE, AUTHOR



He who works with his
hands is a laborer.

He who works with
his hands and his head
is a craftsman.

He who works with his
hands and his head and
his heart is an artist.

FRANCIS OF ASSISI, SAINT



Today I choose life. Every morning when I wake up I can choose joy, happiness, negativity, pain. . . .To feel the freedom that comes from being able to continue to make mistakes and choices—today I choose to feel life, not to deny my humanity but embrace it.

KEVYN AUCOIN, MAKEUP ARTIST

7

SEPTEMBER

*Fall has always been my
favorite season. The time
when everything bursts with
its last beauty, as if nature
had been saving up all
year for the grand finale.*

LAUREN DESTEFANO, AUTHOR



How beautiful the world would
be if there were a procedure
for moving through labyrinths.

UMBERTO ECO, AUTHOR



*To understand
all is to
forgive all.*

EVELYN WAUGH, AUTHOR



BE LESS CURIOUS
ABOUT PEOPLE AND
MORE CURIOUS
ABOUT IDEAS.

MARIE CURIE, CHEMIST



Remember the hours after
September 11 when we came
together as one. . . . It was
the worst day we have
ever seen, but it brought
out the best in all of us.

JOHN KERRY, U.S. SENATOR



Your conscience
is the measure of
the honesty of your
selfishness. Listen
to it carefully.

RICHARD BACH, AUTHOR



*It's special, grandparents
and grandchildren. . . .*

*Gone are the bonds of
guilt and responsibility
that burden the maternal
relationship. The way
to love is free.*

KATE MORTON, AUTHOR



*If you treat an individual
as he is, he will remain
how he is. But if you treat
him as if he were what he
ought to be and could be,
he will become what he
ought to be and could be.*

JOHANN WOLFGANG VON GOETHE, AUTHOR



In politics as in philosophy,
my tenets are few and
simple. The leading one of
which, and indeed that which
embraces most others, is to
be honest and just ourselves
and to exact it from others.

GEORGE WASHINGTON, U.S. PRESIDENT



THERE ARE
YEARS THAT ASK
QUESTIONS AND
YEARS THAT
ANSWER.

ZORA NEALE HURSTON, AUTHOR



You can't wait
for inspiration. You
have to go after
it with a club.

JACK LONDON, AUTHOR



*The soul
is healed by
being with
children.*

FYODOR DOSTOYEVSKY, AUTHOR



There is no dishonor in
losing the race. There is only
dishonor in not racing because
you are afraid to lose.

GARTH STEIN, AUTHOR



We are not simply in the
universe, we are part of it.

We are born from it. One
might even say we have been
empowered by the universe
to figure itself out—and we
have only just begun.

NEIL DEGRASSE TYSON, ASTROPHYSICIST



In times of stress, the best thing we can do for our children (and for each other) is to listen with our ears and our hearts and to be assured that our questions are just as important as our answers.

FRED ROGERS, FROM *MISTER
ROGERS' NEIGHBORHOOD*



That old September feeling, left over
from school days, of summer passing,
vacation nearly done, obligations
gathering, books and football in the
air. . . . Another fall, another turned
page: there was something of jubilee
in that annual autumnal beginning,
as if last year's mistakes and failures
had been wiped clean by summer.

WALLACE STEGNER, AUTHOR

23

SEPTEMBER

*Even if I knew that
tomorrow the world
would go to pieces,
I would still plant
my apple tree.*

MARTIN LUTHER, THEOLOGIAN



*Your life is
an occasion.
Rise to it.*

MR. MAGORIUM'S WONDER EMPORIUM



Dreams are only
dreams until you
wake up and
make them real.

NED VIZZINI, AUTHOR

26

SEPTEMBER

*You are the master
of your destiny. You
can influence, direct,
and control your own
environment. You can
make your life what
you want it to be.*

NAPOLEON HILL, AUTHOR



Life, with its rules,
its obligations, and
its freedoms, is like
a sonnet: You're
given the form, but
you have to write
the sonnet yourself.

MADELEINE L'ENGLE, AUTHOR



*Whining is not only
graceless, but can be
dangerous. It can alert
a brute that a victim is
in the neighborhood.*

MAYA ANGELOU, AUTHOR



We must assume every event has significance and contains a message that somehow pertains to our questions. This especially applies to what we used to call bad things. . . . The challenge is to find the silver lining in every event, no matter how negative.

JAMES REDFIELD, AUTHOR



*In the sky there are
always answers and
explanations for
everything: every
pain, every suffering,
joy and confusion.*

ISHMAEL BEAH, AUTHOR

1

OCTOBER

DON'T JUDGE
EACH DAY BY THE
HARVEST YOU REAP
BUT BY THE SEEDS
THAT YOU PLANT.

ROBERT LOUIS STEVENSON, AUTHOR

2

OCTOBER

*You're braver
than you believe,
stronger than you
seem, and smarter
than you think.*

THE MANY ADVENTURES OF WINNIE THE POOH



Pain, pleasure, and death are
no more than a process for
existence. The revolutionary
struggle in this process is a
doorway open to intelligence.

FRIDA KAHLO, ARTIST

4

OCTOBER

Inspiration is a
guest that does
not willingly
visit the lazy.

PYOTR ILYICH TCHAIKOVSKY, COMPOSER

5

OCTOBER

AT FIRST, DREAMS
SEEM IMPOSSIBLE,
THEN IMPROBABLE,
AND EVENTUALLY
INEVITABLE.

CHRISTOPHER REEVE, ACTOR

6

OCTOBER

*When the whole world
is silent, even one voice
becomes powerful.*

MALALA YOUSAFZAI, ACTIVIST



If you care about what
you do and work hard at
it, there isn't anything you
can't do if you want to.

JIM HENSON, PUPPETEER



I must work harder
to achieve my goal
of not seeking
approval from those
whose approval I'm
not even sure is
important to me.

LAUREN GRAHAM, ACTOR

9

OCTOBER

IF I DIE TOMORROW,
NEXT YEAR OR
WHENEVER IT MIGHT
BE, I'LL KNOW I'VE
HAD A GREAT LIFE.

MAGIC JOHNSON, ATHLETE



*Prejudice is a vagrant
opinion without visible
means of support.*

AMBROSE BIERCE, JOURNALIST



If you don't know what
you're willing to die for,
then you don't know
what you're living for.

NOAH WEINBERG, RABBI

12

OCTOBER

IT'S ENOUGH FOR
ME TO BE SURE THAT
YOU AND I EXIST
AT THIS MOMENT.

GABRIEL GARCÍA MÁRQUEZ, AUTHOR

13

OCTOBER

*You couldn't erase
the past. You couldn't
even change it. But
sometimes life offered
you the opportunity
to put it right.*

ANN BRASHARES, AUTHOR

14

OCTOBER

Sometimes you can learn, even from a bad experience. By coping you become stronger. The pain does not go away, but it becomes manageable.

SOMALY MAM, ADVOCATE



If you want to be
proud of yourself,
then do things
in which you can
take pride.

KAREN HORNEY, PSYCHOANALYST



Peace of mind
comes when we
exercise our right
to be honest,
especially with
ourselves.

JACK R. ROSE, AUTHOR

17

OCTOBER

*When the creative
impulse sweeps
over you, grab it. . . .
You grab it and
honor it and use it,
because momentum
is a rare gift.*

JUSTINA CHEN, AUTHOR

18

OCTOBER

*Rule your
mind or it will
rule you.*

HORACE, POET



Pay attention to what's
happening around you. Read the
book before you see the movie.
Remember, though you, alone,
are responsible for your own
happiness, it's still okay to feel
responsible for someone else's.

MICHAEL J. FOX, ACTOR



People often belittle
the place where
they were born
but heaven can be
found in the most
unlikely places.

MITCH ALBOM, AUTHOR

21

OCTOBER

*We are, all of us, exploring
a world none of us
understands . . . searching
for a more immediate,
ecstatic, and penetrating
mode of living . . . for the
integrity, the courage to
be whole, living in relation
to one another in the full
poetry of existence.*

HILLARY RODHAM CLINTON, U.S. SENATOR

22

OCTOBER

RECEIVE WITH
SIMPLICITY
EVERYTHING THAT
HAPPENS TO YOU.

RASHI, BIBLE SCHOLAR

23

OCTOBER

Too many people out there tell us what we can and cannot do but . . . they don't know who we are, what's put in us.

ALEX ROGERS, AUTHOR

24

OCTOBER

*Others may write from
the head, but he writes
from the heart, and
the heart will always
understand him.*

WASHINGTON IRVING, AUTHOR



Happy is the man who has
broken the chains which hurt
the mind, and has given up
worrying once and for all. Be
patient and tough; one day this
pain will be useful to you.

OVID, POET



Roam abroad in the
world, and take thy
fill of its enjoyments
before the day shall
come when thou
must quit it for good.

SAADI, POET

27

OCTOBER

*We can
be friends.
We can be
anything we
want to be.*

MURIEL BARBERY, AUTHOR

28

OCTOBER

*How quick and rushing life
can sometimes seem, when
at the same time it's so slow
and sweet and everlasting.*

GRAHAM SWIFT, AUTHOR



If you try to get rid of fear
and anger without knowing
their meaning, they will
grow stronger and return.

DEEPAK CHOPRA, AUTHOR

30

OCTOBER

WITHOUT
INSPIRATION, WE'RE
ALL LIKE A BOX OF
MATCHES THAT WILL
NEVER BE LIT.

DAVID ARCHULETA, VOCALIST



Life, although it
may only be an
accumulation
of anguish, is
dear to me, and
I will defend it.

MARY SHELLEY, AUTHOR



*Facing your
fears robs them
of their power.*

MARK BURNETT, TELEVISION PRODUCER



Being a role
model is the most
powerful form
of educating.

JOHN WOODEN, COACH



There are
darknesses in
life and there are
lights. You are one
of the lights.

BRAM STOKER, AUTHOR



*The greenest
of pastures
are right here
on earth.*

JENNIFER DONNELLY, AUTHOR

5

NOVEMBER

*To move, to breathe,
to fly, to float,
To gain all
while you give,
To roam the roads
of lands remote,
To travel is to live.*

HANS CHRISTIAN ANDERSEN, AUTHOR



I've come to realize
that sometimes,
what you love
most is what you
have to fight the
hardest to keep.

KIRSTEN HUBBARD, AUTHOR



Forbearance in the face of fate,
beauty constant under torture,
are not merely passive. They
are a positive achievement,
an explicit triumph.

THOMAS MANN, AUTHOR



*Remember this, where
there is life there is hope.
You're alive. Embrace
this, because you can do
anything while there is
breath in your body.*

LOLA JAYE, AUTHOR



*The greatest danger
for most of us lies not
in setting our aim
too high and falling
short; but in setting
our aim too low, and
achieving our mark.*

MICHELANGELO, ARTIST



The joy that
you give to
others is the
joy that comes
back to you.

JOHN GREENLEAF WHITTIER, POET



*On this Veterans Day, let
us remember the service
of our veterans, and let
us renew our national
promise to fulfill our sacred
obligations to our veterans
and their families who
have sacrificed so much
so that we can live free.*

DAN LIPINSKI, CONGRESSMAN



I didn't know I had it in me.
There's more to all of us than
we realize. Life is so much
bigger, grander, higher, and
wider than we allow ourselves
to think. We're capable of so
much more than we allow
ourselves to believe.

QUEEN LATIFAH, PERFORMER



If I never got to
make a living doing
what I loved, I'd
still do it—for fun
and for free.

SUSAN E. ISAACS, AUTHOR



*If pain is a pot
of boiling water,
humor can be
the rising steam.*

CAMERON CONAWAY, MMA FIGHTER



I am not afraid of tomorrow
for I have seen yesterday,
I have today and I know
Him who holds tomorrow
so I know tomorrow will
be beautiful for me.

JAACHYNMA N. E. AGU, AUTHOR



SEEK YOUR OWN
ANSWERS IN
LIFE, AND NOT
WHAT OTHERS
DICTATE TO YOU.

JEMINA AKHTAR, AUTHOR



*I learned long ago that
when change comes, you
gotta slow down and take
note of it. In the midst
of that change is all the
possibility in the world.*

BERTICE BERRY, SOCIOLOGIST



We must reach out our hand
in friendship and dignity
both to those who would
befriend us and those who
would be our enemy.

ARTHUR ASHE, TENNIS PLAYER;
AND ARNOLD RAMPERSAD, AUTHOR

19

NOVEMBER

*The reason most people
give up so fast is that
they look at how far
they still have to go,
instead of how far
they have come.*

ANONYMOUS



Motivation
gets you going;
inspiration
keeps you going.

TODD STOCKER, AUTHOR



WHAT WE CAN
CHANGE IS OUR
PERCEPTIONS,
WHICH HAVE THE
EFFECT OF CHANGING
EVERYTHING.

DONNA QUESADA, AUTHOR



What is lovely
never dies,
but passes into
other loveliness,
Star-dust, or
sea-foam, flower,
or winged air.

THOMAS BAILEY ALDRICH, EDITOR

23

NOVEMBER

*The stationary
condition is
the beginning
of the end.*

HENRI-FRÉDÉRIC AMIEL, PHILOSOPHER



To have more,
you must genuinely
thank more.

MADDY MALHOTRA, AUTHOR



A person is a person
because he recognizes
others as persons.

DESMOND TUTU, SOCIAL RIGHTS ACTIVIST
AND RETIRED ANGLICAN BISHOP



IMAGINATION
IS THE TRUE
MAGIC CARPET.

NORMAN VINCENT PEALE, AUTHOR

27

NOVEMBER

*Doing what you wanted to
do was the only training,
and the only preliminary,
needed for doing more of
what you wanted to do.*

KINGSLEY AMIS, AUTHOR



No one should ever despair
because the entrance to his
or her chosen career path is
clogged. There is an ancient
saying: “The persistent drip
wears through stone.”

KENTETSU TAKAMORI, AUTHOR

29

NOVEMBER

*The heart of a person
only beats when
it's surrounded by
blood, by family.*

ERICA GOROS, AUTHOR



Most ideas are
born and lost
in isolation.

SCOTT BELSKY, AUTHOR



*In recognizing the
humanity of our fellow
beings, we pay ourselves
the highest tribute.*

THURGOOD MARSHALL,
SUPREME COURT JUSTICE



Inspiration comes
unawares, from
unaccountable
sources that
have nothing to
do with planning
or intelligence.

MAURICE CHEVALIER, ACTOR



Real love is a
humble receptivity
of a silent heart
that is prepared to
melt and merge.

BANANI RAY AND AMIT RAY, AUTHORS

4

DECEMBER

YOUR BODY IS NOT
A TEMPLE, IT'S AN
AMUSEMENT PARK.
ENJOY THE RIDE.

ANTHONY BOURDAIN, CHEF



*No matter how talented
you are, if you don't
persist the probability
of achieving your goals
is extremely small.*

CAMILLA DORAND, AUTHOR



If opportunity
doesn't knock,
build a door.

MILTON BERLE, ACTOR



When you get older, you
know that life's mysteries
are revealed in the fullness
of time. All you have to do is
wait, watch, and be amazed.

LINDA GRAY, AUTHOR



IT'S NEVER
OVER TILL IT'S
REALLY OVER IN
YOUR MIND.

SANDHYA JANE, AUTHOR



*It can't be epic
if there's no
challenge to it.*

JENNIFER E. SMITH, AUTHOR



Today, people struggle to
find what's real. Everything
has become so synthetic
that a lot of people, all they
want is to grasp onto hope.

WYCLEF JEAN, MUSICIAN



Living is like tearing through
a museum. Not until later do
you really start absorbing
what you saw, thinking about
it, looking it up in a book, and
remembering—because you
can't take it all in at once.

AUDREY HEPBURN, ACTOR



WELL-BEHAVED WOMEN SELDOM MAKE HISTORY.

LAUREL THATCHER ULRICH, HISTORIAN

13

DECEMBER

*You can't stay in
your corner of the
Forest waiting for
others to come to you.
You have to go to
them sometimes.*

A. A. MILNE, AUTHOR



There is neither happiness
nor misery in the world;
there is only the comparison
of one state with another,
nothing more.

ALEXANDRE DUMAS, AUTHOR



Hope is the thing with feathers
That perches in the soul
And sings the tune
without the words
And never stops at all.

EMILY DICKINSON, POET



*I might have
been given a
bad break,
but I've got
an awful lot
to live for.*

LOU GEHRIG, ATHLETE



LET US THINK ONLY
OF THE GOOD DAYS
THAT ARE TO COME.

AGATHA CHRISTIE, AUTHOR



Once you have tasted flight, you
will forever walk the earth with
your eyes turned skyward, for
there you have been, and there
you will always long to return.

LEONARDO DA VINCI, POLYMATH



Live in the present,
remember the past,
and fear not the
future, for it doesn't
exist and never shall.
There is only now.

CHRISTOPHER PAOLINI, AUTHOR



To see a World in a
Grain of Sand And a
Heaven in a Wild Flower,
Hold Infinity in the
palm of your hand
And Eternity in an hour.

WILLIAM BLAKE, POET



Maybe everyone can
live beyond what
they're capable of.

MARKUS ZUSAK, AUTHOR



*While no one can go back
and make a brand new
start, anyone can start now
and make a new ending.*

CHICO XAVIER, MEDIUM

23

DECEMBER

*Happiness
is only real
when shared.*

JON KRAKAUER, AUTHOR



That glimmer of light,
surrounded by so many
shadows, seemed to say
without words: Evil has not
yet taken complete dominion.
A spark of hope is still left.

ISAAC BASHEVIS SINGER, AUTHOR



Our hearts grow tender with
childhood memories and
love of kindred, and we are
better throughout the year
for having, in spirit, become a
child again at Christmas-time.

LAURA INGALLS WILDER, AUTHOR



GREAT HEROES NEED
GREAT SORROWS AND
BURDENS, OR HALF
THEIR GREATNESS
GOES UNNOTICED.

PETER S. BEAGLE, AUTHOR



The brick walls are there for a reason. The brick walls are not there to keep us out. The brick walls are there to give us a chance to show how badly we want something. Because the brick walls are there to stop the people who don't want it badly enough. They're there to stop the other people.

RANDY PAUSCH, COMPUTER SCIENTIST



*I've been fighting to be
who I am all my life.
What's the point of being
who I am, if I can't have
the person who was worth
all the fighting for?*

STEPHANIE LENNOX, AUTHOR



*A man who dares to
waste one hour of time
has not discovered
the value of life.*

CHARLES DARWIN, NATURALIST



Have courage for the great
sorrows of life and patience
for the small ones; and
when you have laboriously
accomplished your daily
task, go to sleep in peace.

VICTOR HUGO, AUTHOR

31

DECEMBER

HOPE SMILES FROM
THE THRESHOLD OF THE
YEAR TO COME,
WHISPERING
“IT WILL BE
HAPPIER . . .”

ALFRED LORD TENNYSON, POET

REFERENCES

- Abel, L. Sydney. *Timothy Other: The Boy Who Climbed Marzipan Mountain*. Farmington, CO: Solstice, 2014.
- Abercrombie, Joe. *Last Argument of Kings*. Amherst, NH: Pyr, 2008.
- Abrahms, Irwin, ed. *Nobel Lectures, Peace 1971-1980*. Singapore: World Scientific Publishing, 1997.
- Adams, Douglas. *The Long Dark Tea-Time of the Soul*. Portsmouth, NH: Heinemann, 1988.
- Agu, Jaachynma N. E. *The Best Option*. Bloomington, IN: Xlibris, 2012.
- Akhtar, Jemina. *Veil of Lies*. Jemina Akhtar, 2012.
- Albom, Mitch. *The Five People You Meet in Heaven*. New York: Hyperion, 2003.
- Alcorn, Randy C. *Money, Possessions, and Eternity*. Rev. and Updated. ed. Wheaton, IL: Tyndale House, 2003.
- Aldrich, Thomas Bailey. "A Shadow of the Night, by Thomas Bailey Aldrich." PoetryArchive. Accessed October 18, 2015. www.poetry-archive.com/a/a_shadow_of_the_night.html.
- Allende, Isabel. *The House of the Spirits*. Trans. Magda Bogin. New York: Everyman's Library, 2005.
- Amiel, Henri-Frédéric. Goodreads. Accessed October 18, 2015. www.goodreads.com/quotes/201872-the-stationary-condition-is-the-beginning-of-the-end.
- Amis, Kingsley. *Lucky Jim*. New York: Penguin, 1992.
- Angelou, Maya. *Wouldn't Take Nothing for My Journey Now*. New York: Bantam, 1994.
- Andersen, Hans Christian. *The Story of My Life*. New York: Hurd and Houghton, 1871.

REFERENCES

- Antunes, Ana Claudia. *Pierrot & Columbine*. Ana Claudia Antunes, 2014.
- Applegate, Katherine. "2015." *The One and Only Ivan*. Illus: Patricia Castelao. New York: HarperCollins, 2011.
- Archuleta, David. *Chords of Strength: A Memoir of Soul, Song, and the Power of Perseverance*. New York: New American Library, 2010.
- Arora, Manoj. *From the Rat Race to Financial Freedom: A Common Man's Journey*. Ahmedabad: Jaico Publishing House, 2013.
- As Good as It Gets*. Dir. James L. Brooks. Perf. Jack Nicholson, Helen Hunt, and Greg Kinnear. TriStar Pictures, 1997.
- Ashby, Ruth, and Deborah Gore Ohrn, eds. *Herstory: Women Who Changed the World*. New York: Viking, 1995.
- Ashe, Arthur, and Arnold Rampersad. *Days of Grace*. New York: Ballantine, 1994.
- Aucoin, Kevyn. BrainyQuotes.com, accessed November 4, 2015.
www.brainyquote.com/quotes/quotes/k/kevynaucoi358518.html.
- Audubon, John James. "Explore 100 Famous Scientist Quotes Pages." Todayinsci. Accessed October 18, 2015. todayinsci.com/A/Audubon_John/AudubonJohn-Quotations.htm.
- Augustine of Hippo. "The World Is a Book and Those Who Do Not Travel Read Only One Page." Lifehacker. Accessed October 18, 2015. lifehacker.com/5971748/the-world-is-a-book-and-those-who-do-not-travel-read-only-one-page.
- Bach, Richard. *Illusions: The Adventures of a Reluctant Messiah*. New York: Bantam, 1989.
- Baeli, Kelli Jae. *Immortality or Something Like it*. Eureka Springs, AR: Lesbian Literati Press, 2014.
- Baldwin, James. "Sonny's Blues." *Going to Meet the Man*. New York: Dial, 1965.
- Bambara, Toni Cade. AZquotes.com. Accessed November 5, 2015.
www.azquotes.com/quote/546495.
- Banda, Joyce. Swearing in Ceremony. April 7, 2012.
- Barbery, Muriel. *The Elegance of the Hedgehog*. Trans. Alison Anderson. New York: Europa Editions, 2008.

REFERENCES

- Barker, Clive. *Imajica*. New York: HarperCollins, 1991.
- Barr, Amelia E. *Remember the Alamo*. Whitefish, MT: Kessinger Publishing, 2004.
- Barrie, J. M. *The Little White Bird*. London: Hodder and Stoughton, 1902.
- Basil the Great. "No Need to Feel Like a Thief." NewsOK. Accessed October 18, 2015. newsok.com/article/1931552.
- Beagle, Peter S. *The Last Unicorn*. New York: Viking, 1968.
- Beah, Ishmael. *A Long Way Gone: Memoirs of a Boy Soldier*. New York: Farrar, Straus, and Giroux, 2007.
- Beauvoir, Simone de. *La Vieillesse*. Paris: Gallimard, 1998.
- Behn, Aphra. *The Lucky Chance*, 1686.
- Bell, Alexander Graham. *The Seeds 4 Life*. Accessed October 18, 2015. www.theseeds4life.com/concentrate-all-your-thoughts-upon-the-work-at-hand-the-suns-rays-do-not-burn-until-brought-to-a-focus-alexander-graham-bell.
- Belsky, Scott. *Making Ideas Happen: Overcoming the Obstacles Between Vision and Reality*. New York: Portfolio, 2012.
- Berle, Milton. BrainyQuotes.com. Accessed November 4, 2015. www.brainyquote.com/quotes/topics/topic_inspirational.html#jtSi55kQ8ua0Ebcd.99.
- Berry, Bertice. *Jim and Louella's Homemade Heart-Fix Remedy*. New York: Doubleday, 2002.
- Berry, Wendell. *The Unsettling of America Culture & Agriculture*. Berkeley, CA: Counterpoint, 2015.
- Bierce, Ambrose. Special Dictionary. Accessed October 18, 2015. www.special-dictionary.com/quotes/authors/a/ambrose_bierce/97065.htm.
- Black, Ian Michael. Interviewed by Dan Schawbel. Forbes.com. Access November 4, 2015. www.forbes.com/sites/danschawbel/2012/04/12/michael-ian-black-on-his-career-expedia-and-social-media/.
- Blake, William. "To See a World..." Poetry Lovers' Page. Accessed October 18, 2015. www.poetryloverspage.com/poets/blake/to_see_world.html.
- Blume, Judy. *Summer Sisters: A Novel*. New York: Dell, 1999.

REFERENCES

- Bourdain, Anthony. *Kitchen Confidential*. New York: HarperCollins, 2007.
- Boyle, T. C. Coraghessan. *The Tortilla Curtain*. New York: Viking, 1995.
- Bradley, Marion Zimmer. *The Fall of Atlantis*. New York: Baen, 1987.
- Brashares, Ann. *Girls in Pants: The Third Summer of the Sisterhood*. New York: Delacorte, 2006.
- Brontë, Charlotte. *Jane Eyre*. Worldsworth Editions, 1997.
- Brothers, Thomas, ed. *Louis Armstrong, in His Own Words: Selected Writings*. New York: Oxford University Press, 2001.
- Brown, Andi. *Animal Cracker*. Seattle: CreateSpace Independent Publishing, 2013.
- Brown, Brené. *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*. New York: Avery, 2015.
- Buddha, Gautama. "A Quote from Sayings of Buddha." Goodreads. Accessed October 18, 2015. www.goodreads.com/quotes/498520-no-one-saves-us-but-ourselves-no-one-can-and.
- Buffalo Soldiers*. Dir. Charles Haid. TNT. December 7, 1997.
- Bukowski, Charles. *What Matters Most is How Well You Walk Through the Fire*. Black Sparrow Press, 1999.
- Burnett, Mark. *Jump In!: Even If You Don't Know How to Swim*. New York: Ballantine, 2005.
- Byrne, Jake. *First and Goal: What Football Taught Me About Never Giving Up*. Eugene, OR: Harvest House Publishers, 2015.
- Camp, L. Sprague, and Fletcher Pratt. *Tales from Gavagan's Bar*. Expanded ed. Toronto: Bantam, 1980.
- Capote, Truman. *Breakfast at Tiffany's: A Short Novel and Three Stories*. New York: Random House, 1958.
- Carbone, Ute. *Blueberry Truth*. Warwick: Etopia, 2011.
- Catherine the Great. "Stress Reduction | Mindfulness Muse." Mindfulness Muse. Accessed October 18, 2015. www.mindfulnessmuse.com/category/stress-reduction.

REFERENCES

- Cepeda, Raquel. *Bird of Paradise: How I Became Latina*. New York: Atria, 2013.
- Chaucer, Geoffrey. *The Canterbury Tales*. Trans. David Wright. Oxford: Oxford University Press, 2011.
- Chen, Justina. *North of Beautiful*. Boston: Little, Brown, 2009.
- Chesterton, G. K. *Heretics*, 1905.
- Chevalier, Maurice. *Bravo Maurice!: A Compilation From the Autobiographical Writings of Maurice Chevalier*. Australia: Allen & Unwin, 1973.
- Child, Julia. *Julia's Kitchen Wisdom: Essential Techniques and Recipes from a Lifetime of Cooking*. New York: Knopf, 2009.
- Chödrön, Pema. *When Things Fall Apart, Heart Advice for Difficult Times*. Berkeley, CA: Shambhala Publications, 2012.
- Chopra, Deepak. *The Third Jesus: The Christ We Cannot Ignore*. New York: Three River, 2008.
- Christie, Agatha. *Death Comes as the End*. New York: Dodd, Mead and Company, 1944.
- Churchill, Winston. *My Early Life, 1874-1904*. New York: Scribner, 1996.
- Clinton, Hillary Rodham. Commencement Address. Wellesley College, Wellesley, MA, June 1, 1969.
- Coelho, Paulo. *Brida: A Novel*. Trans. Margaret Jull Costa. New York: Harper, 2008.
- Colgan, Jenny. *Welcome to Rosie Hopkins' Sweetshop of Dreams*. London: Sphere, 2012.
- Collins, Paul. *Drangonsight*. ReadHowYouWant, 2014.
- Collins, Suzanne. *Catching Fire*. New York: Scholastic, 2009.
- Conaway, Cameron. *Caged: Memoirs of a Cage-fighting Poet*. ThreeD, 2011.
- Constantino, Rodrigo. *Prisoner of Freedom*. Soler, 2004.
- Curie, Marie. Todayinsci. Accessed October 18, 2015. todayinsci.com/C/Curie_Marie/CurieMarie-Quotations.htm.

REFERENCES

Dahl, Roald. *Charlie and the Great Glass Elevator*. Illus: Joseph Schindelman. New York: Knopf, 1972.

Dalai Lama. *The Dalai Lama's Book of Wisdom*. London: HarperCollins UK, 2000.

Darkholme, A. J. *Rise of the Morningstar*. Mistero Publishing, 2014.

Darwin, Charles. *The Life and Letters of Charles Darwin*. Ed. Francis Darwin. London: John Murray, 1887.

da Vinci, Leonardo. "The Da Vinci Codex: Treasured Sketches of Flight on Rare Display at Smithsonian." Washington Times. Accessed October 18, 2015. www.washingtontimes.com/news/2013/sep/12/the-da-vinci-codex-treasured-sketches-of-flight-on/?page=all.

deGrasse Tyson, Neil. "The Greatest Story Ever Told." *Natural History*, March 1, 1998.

DeLiso, Tony. *Legacy: The Power Within*. Writers Club, 2000.

Dessen, Sarah. *Just Listen*. New York: Speak, 2008.

DeSylva, Bud. *Look for the Silver Lining*. From the Movie, *Look for the Silver Lining*. T.B. Harms, 1920.

DeStefano, Lauren. *Wither*. New York: Simon & Schuster, 2011.

Diana, Princess of Wales. "Diana: The Legacy." The Huffington Post. Accessed October 18, 2015. www.huffingtonpost.com/david-allison/diana-the-legacy_b_1844945.html.

Dickens, Charles. *Our Mutual Friend*. Chapman & Hall, 1865.

Dickinson, Emily. "Hope Is the Thing with Feathers." Poets.org. Accessed October 18, 2015. <https://www.poets.org/poetsorg/poem/hope-thing-feathers-254>.

Donnelly, Jennifer. *Revolution*. New York: Ember, 2011.

Donoghue, Emma. *Room: A Novel*. Boston: Little, Brown/Back Bay, 2011.

Dorand, Camilla. *Back to Me: Changing How I Feel About My Mother, My Body, and Men*. Seattle: CreateSpace Independent Publishing, 2015.

Dostoyevsky, Fyodor. *The Idiot*. Ware, UK: Wordsworth Editions, 1996.

REFERENCES

- Douglass, Frederick. *Narrative of the Life of Frederick Douglass, An American Slave, Written by Himself, with Related Documents*. Ed. David W. Blight. 2nd ed. Boston: Bedford/St. Martin's, 2003.
- Doyle, Arthur Conan. "A Scandal in Bohemia." *The Adventures of Sherlock Holmes*. George Newnes, 1891.
- Dumas, Alexandre. *The Count of Monte Cristo*. Ware, UK: Wordsworth Editions, 1997.
- Dylan, Bob. *Chronicles*. New York: Simon & Schuster, 2004.
- Ebert, Roger. "Cinema: John Wayne as the Last Hero." *Time* magazine. August 8, 1969.
- Eco, Umberto. *The Name of the Rose*. New York: Harcourt Brace Jovanovich, 1983.
- Edison, Thomas. Mindbloom. Accessed October 18, 2015. tree.mindbloom.com/apps/inspiration/detail/image/07b94233-934b-465a-8148-e15c334edb4a/.
- Edwards, Julie Andrews. *The Last of the Really Great Whangdoodles*. New York: Harper & Row, 1989.
- Einstein, Albert. Philosiblog. Accessed October 18, 2015. philosiblog.com/2013/03/14/a-person-who-never-made-a-mistake-never-tried-anything-new/.
- Elizabeth II, Queen. The Official Website of the British Monarchy. Accessed October 18, 2015. www.royal.gov.uk/imagesandbroadcasts/thequeenschristmasbroadcasts/christmasbroadcasts/christmasbroadcast1957.aspx.
- Emerson, Ralph Waldo. "A Quote by Ralph Waldo Emerson." Goodreads. Accessed October 18, 2015. www.goodreads.com/quotes/548362-as-we-are-so-we-do-and-as-we-do.
- Ende, Michael. *The Neverending Story*. Trans. Ralph Manheim. New York: Puffin, 1997.
- Ephron, Nora. Commencement Address. Wellesley College, Wellesley, MA. June 3, 1996.

REFERENCES

- Epicurus. "Do Not Spoil What You Have By Desiring What You Have Not..." Gretchen Rubin. Accessed October 18, 2015. gretchenrubin.com/happiness_project/2009/12/do-not-spoil-what-you-have-by-desiring-what-you-have-not/.
- Estés, Clarissa Pinkola. *The Faithful Gardener: A Wise Tale about That Which Can Never Die*. San Francisco: HarperOne, 1995.
- Evanovich, Janet. *Seven up*. New York: St. Martin's, 2002.
- Evans, Richard Paul. *The Gift*. New York: Simon & Schuster, 2007.
- Fey, Tina. *Bossypants*. Boston: Little, Brown, 2011.
- Fisher, M. F. K. *The Art of Eating*. 50th Anniversary ed. Hoboken, NJ: Wiley, 2004.
- Fitzgerald, F. Scott. *The Great Gatsby*. London: Vintage Classic, 2011.
- Flagg, Fannie. *I Still Dream about You: A Novel*. New York: Ballantine, 2010.
- Flaubert, Gustave. Thrive. Accessed October 18, 2015. thrive.davidkanigan.com/post/83029896139/be-steady-and-well-ordered-in-your-life-so-that.
- Fleming, Ian. *From Russia, with Love*. New York: Macmillan, 1957.
- Fox, Michael J. *A Funny Thing Happened on the Way to the Future: Twists and Turns and Lessons Learned*. New York: Hyperion, 2010.
- Francis of Assisi. Goodreads. Accessed October 18, 2015. www.goodreads.com/quotes/75455-he-who-works-with-his-hands-is-a-laborer-he.
- Frank, Anne. *Anne Frank: Diary of a Young Girl*. West Hatfield, MA: Pennyroyal with Jewish Heritage Publishing, 1985.
- Fulghum, Robert. *All I Really Need to Know I Learned in Kindergarten*. 15th Anniversary ed. New York: Ballantine, 2004.
- Furman v. Georgia*, 408 U.S. 238 (1972).
- Gandhi, Mahatma. Totally Inspired Mind . . . Accessed October 18, 2015. totallyinspiredpc.wordpress.com/2013/11/26/each-night-when-i-go-to-sleep-i-die-and-the-next-morning-when-i-wake-up-i-am-reborn-gandhi/.
- Gehrig, Lou. Lou Gehrig Appreciation Day. Yankee Stadium, New York, July 4, 1939.
- Geisel, Theodor (Dr. Seuss). *On Beyond Zebra*. New York: Random House, 1955.

REFERENCES

- Gibran, Kahlil. *The Prophet*. New York: Knopf, 1923.
- Gide, André. *Autumn Leaves*. Philosophical Library, 2007.
- Gilbert, Elizabeth. *Eat, Pray, Love: One Woman's Search for Everything across Italy, India and Indonesia*. New York: Viking, 2006.
- Gladwell, Malcolm. *Outliers: The Story of Success*. Boston: Little, Brown/Back Bay, 2011.
- Glover, Robert A. *No More Mr. Nice Guy*. Philadelphia: Running, 2003.
- Goethe, Johann Wolfgang von. Goodreads. Accessed October 18, 2015. www.goodreads.com/author/quotes/285217.Johann_Wolfgang_von_Goethe.
- Goodreads. "A Quote from The Quran." Accessed October 18, 2015. www.goodreads.com/quotes/659080-don-t-tell-me-how-educated-you-are-tell-me-how.
- Goros, Erica M. *The Daisy Chain*. Seattle: CreateSpace Independent Publishing, 2011.
- Graham, Lauren. *Someday, Someday, Maybe: A Novel*. New York: Ballantine, 2014.
- Gray, Linda. *The Road to Happiness Is Always under Construction*. Regan Arts, 2015.
- Green, John. *An Abundance of Katherines*. New York: Dutton, 2006.
- Guare, John. *Landscape of the Body*. New York: Dramatists Play Service, 1998.
- Gutman, Bill. *Magic: More than a Legend: A Biography*. New York: Harper Paperbacks, 1992.
- Hamilton, Alexander. *The Farmer Refuted*. 1774.
- Hamilton-Ford, Jean. *Play.Create.Succeed*. Seattle: CreateSpace Independent Publishing, 2014.
- Hannah, Kristin. *Firefly Lane: A Novel*. New York: St. Martin's Press, 2008.
- Harris, Joanne. *Chocolat*. London: Doubleday, 1999.
- Hawking, Stephen. *A Brief History of Time*. Updated and Expanded Tenth Anniversary ed. New York: Bantam, 1998.
- Hazlitt, William. *Selected Essays of William Hazlitt, 1778-1830*. Ed. Geoffrey Keyens. London: Nonesuch, 1930.

REFERENCES

- Heaney, Seamus. *Beowulf: A New Verse Translation*. New York: W. W. Norton, 2001.
- Heath, Chip, and Dan Heath. *Made to Stick: Why Some Ideas Survive and Others Die*. New York: Random House, 2007.
- Henson, Jim, and The Muppets and Friends. *It's Not Easy Being Green: And Other Things to Consider*. New York: Hyperion, 2005.
- Hesse, Hermann. *Siddhartha*. 1922.
- Hill, Napoleon. *Think and Grow Rich*. Ralston Society, 1937.
- Hillerman, Tony. *Coyote Waits*. New York: Harper, 2009.
- Hitchens, Christopher. *Hitch-22: A Memoir*. New York: Twelve, 2010.
- Hoffman, Alice. *Practical Magic*. New York: Berkley Group, 2003.
- Hofstede, David. *Audrey Hepburn: A Bio-bibliography*. Westport, CT: Greenwood, 1994.
- Homer. *Odyssey*. Trans. Stanley Lombardo. Indianapolis: Hackett, 2000.
- Hooks, Bell, and Cornel West. *Breaking Bread: Insurgent Black Intellectual Life*. Boston: South End, 1991.
- Horace. Goodreads. Accessed October 18, 2015. www.goodreads.com/quotes/980768-rule-your-mind-or-it-will-rule-you.
- Horney, Karen. *Neurosis and Human Growth: The Struggle toward Self-realization*. New York: W. W. Norton, 1991.
- Horst, Michelle. *Vaalbara Visions and Shadows*. Seattle: CreateSpace Independent Publishing, 2014.
- Hubbard, Elbert. BrainyQuotes.com. Accessed November 4, 2015. www.brainyquote.com/quotes/authors/e/elbert_hubbard.html.
- Hubbard, Kirsten. *Wanderlove*. Ember, 2013.
- Hugo, Victor. Great Books Week. Accessed October 18, 2015. greatbooks.naiwe.com/tag/les-miserables.
- Hurston, Zora Neale. *Their Eyes Were Watching God*. New York: Perennial Library, 1990.

REFERENCES

- Irving, Washington. *The Legend of Sleepy Hollow and Other Stories from the Sketch Book*. New York: Signet Classics, 2006.
- Isaacs, Susan E. *Angry Conversations with God: A Snarky but Authentic Spiritual Memoir*. New York: Faith Words, 2011.
- Isaacson, Walter. *Steve Jobs*. New York: Simon & Schuster, 2011.
- Jacques, Brian. *The Taggerung: A Tale of Redwall*. Illus. Peter Standley. London: Hutchinson, 2001.
- James, Henry. Personal Excellence. Accessed October 18, 2015. personalexcellence.co/quotes/2391.
- Jane, Sandhya. *A Second Spring . . . Brings New Hope*. SJ-P, 2014.
- Jaye, Lola. *By the Time You Read This*. New York: Avon, 2009.
- Jean, Wyclef. "100 Greatest Artists, #11, Bob Marley." *Rolling Stone*, December, 2 2010.
- Jefferson, Thomas. "Thomas Jefferson Quotes." RevWarTalk. Accessed October 18, 2015. www.revwartalk.com/Quotes-Thomas-Jefferson/when-angry-count-to-ten-before-you-speak-if-very-angry-count-to-one-hundred.html.
- Johnson, George Clayton. "Nothing in the Dark." *The Twilight Zone*. CBS. January 5, 1962.
- Johnson, Mat. *Loving Day: A Novel*. New York: Spiegel & Grau, 2015.
- Johnson, Samuel. *The Rambler*. 1751.
- Joyce, James. *Ulysses*. Paris: Sylvia Beach, 1922.
- Kahlo, Frida. *The Diary of Frida Kahlo: An Intimate Self-Portrait*. New York: Abrams, 2005.
- Kalidasa. "Look To This Day by Kalidasa." All Poetry. Accessed October 18, 2015. allpoetry.com/Look-To-This-Day.
- Karr, Alphonse. *A Tour Round My Garden*. London: G. Routledge, 1855.
- Kassem, Suzy. *Rise up and Salute the Sun: The Writings of Suzy Kassem*. Awakened, 2011.

REFERENCES

- Keller, Helen. "Keep Your Face to the Sun and You Will Never See the Shadows." Bubblews. Accessed October 18, 2015. www.bubblews.com/posts/keep-your-face-to-the-sun-and-you-will-never-see-the-shadows.
- Keller, Timothy J. *Generous Justice: How God's Grace Makes Us Just*. New York: Riverhead, 2012.
- Kenyon, Sherrilyn. *Invincible: The Chronicles of Nick*. New York: St. Martin's Griffin, 2011.
- Kepnes, Caroline. *You: A Novel*. New York: Atria, 2015.
- Kerouac, Jack. *The Dharma Bums*. New York: Penguin, 1990.
- Kerry, John. Heavy. Accessed October 18, 2015. heavy.com/news/2015/09/9-11-quotes-september-11th-remembering-sayings-george-bush-victims-from-firefighters/.
- King, Martin Luther. *A Testament of Hope: The Essential Writings of Martin Luther King, Jr.* Ed. James Melvin Washington. San Francisco: Harper & Row, 1986.
- King, Stephen. *On Writing: A Memoir of the Craft*. New York: Scribner, 2000.
- Kingsolver, Barbara. *The Bean Trees: A Novel*. New York: Harper & Row, 1988.
- Klam, Julie. *Friendkeeping: A Field Guide to the People You Love, Hate, and Can't Live without*. New York: Riverhead, 2012.
- Koontz, Dean R. *Brother Odd*. New York: Bantam, 2006.
- Kornfield, Jack. *Bringing Home the Dharma: Awakening Right Where You Are*. Berkeley, CA: Shambhala Publications, 2011.
- Krakauer, Jon. *Into the Wild*. New York: Villard, 1996.
- Krause, Peter. Living Life Fully. Accessed October 18, 2015. www.livinglifefully.com/parents.htm.
- Lane, Jennifer. *Streamline*. Dallas: Omnific Publishing, 2010.
- Latifah, Queen. *Put on Your Crown: Life-Changing Moments on the Path to Queendom*. New York: Grand Central Publishing, 2010.
- Lebowitz, Fran. *The Fran Lebowitz Reader*. New York: Vintage, 1994.

REFERENCES

- Le Carré, John. *Tinker, Tailor, Soldier, Spy*. New York: Knopf, 1974.
- Leibovitz, Annie. *Annie Leibovitz at Work*. New York: Random House, 2008.
- Lee, Harper. *To Kill a Mockingbird*. New York: HarperCollins, 1960.
- Lee, Victor Robert. *Performance Anomalies*. Perimeter Six, 2012.
- L'Engle, Madeleine. *A Wrinkle in Time*. New York: Farrar, Straus, and Giroux, 1962.
- Lennox, Stephanie. *I Don't Remember You*. Seattle: CreateSpace Independent Publishing, 2010.
- Levitt, Zola. *The Miracle of Passover*. Levitt, 1977.
- Lichtenberg, Georg Christoph. "Social Justice & Civic Engagement." Hart House. Accessed October 18, 2015. harthouse.ca/learn-discover/social-justice-civic-engagement/.
- Lincoln, Abraham. Letter to Isham Reavis. November 5, 1855.
- Lipinski, Daniel. "Congressman Dan Lipinski: Floor Statements: In Honor of Veterans Day." Congressman Daniel Lipinski. Accessed October 18, 2015. www.lipinski.house.gov/floor-statements/in-honor-of-veterans-day/.
- Lodder, Steve, and Stevie Wonder. *Stevie Wonder: A Musical Guide to the Classic Albums*. San Francisco: Backbeat, 2005.
- Lombardi, Vince. BrainyQuotes.com, accessed November 4, 2015. www.brainyquote.com/quotes/quotes/v/vincelomba385070.html#v0pX2ZFXfD0puKWB.99.
- London, Jack. Lifehack. Accessed October 18, 2015. www.lifehack.org/articles/featured/find-your-inspiration-jack-londons-way.html.
- Lore, Pittacus. *The Power of Six*. New York: Harper, 2011.
- Lubbock, John. *The Pleasures of Life*. London: Macmillan, 1887.
- Luther, Martin. Beggars All: Reformation And Apologetics. Accessed October 18, 2015. beggarsallreformation.blogspot.com/2011/05/luther-plant-tree-at-end-of-world.html.

REFERENCES

Malhotra, Maddy. *How to Build Self-Esteem and Be Confident Overcome Fears, Break Habits, Be Successful and Happy*. Seattle: CreateSpace Independent Publishing, 2013.

Mam, Somaly. *The Road of Lost Innocence: The True Story of a Cambodian Heroine*. New York: Spiegel & Grau, 2008.

Mandela, Nelson. *Long Walk to Freedom*. Randburg, South Africa: Macdonald Purnell, 1994.

Mankiller, Wilma, and Michael Wallis. *Mankiller: A Chief and Her People*. New York: St. Martin's Griffin, 2000.

Mann, Thomas. *Death in Venice*. S. Fischer Verlag, 1912.

Many Adventures of Winnie the Pooh, The. Dir. Wolfgang Reitherman & John Lounsbery. Perf. Sterling Holloway, John Fiedler, Paul Winchell. Walt Disney Productions, 1977.

Maraboli, Steve. *Unapologetically You: Reflections on Life and the Human Experience*. Port Washington, NY: Better Today, 2013.

Marcus Aurelius. Path Less Trodden. Accessed October 18, 2015. www.pathlesstrodden.com/2012/07/24/life-changing-quotes-never-let-the-future-disturb-you/.

Márquez, Gabriel García. *One Hundred Years of Solitude*. New York: Harper & Row, 1970.

Martel, Yann. *Life of Pi*. Toronto: Knopf Canada, 2001.

Marx, Groucho. "A Quote by Groucho Marx." Goodreads. Accessed October 18, 2015. www.goodreads.com/quotes/136001-if-you-re-not-having-fun-you-re-doing-something-wrong.

McCarthy, Cormac. *The Road*. New York: Vintage, 2006.

McCourt, Frank. *Angela's Ashes: A Memoir*. New York: Scribner, 1996.

McGill, Bryant, and Jenni Young. *Simple Reminders: Inspiration for Living Your Best Life*. SRN Publishing, 2015.

Michelangelo. ODesk. Accessed October 18, 2015. odesk.tumblr.com/post/92824933183/the-greatest-risk-to-man-is-not-that-he-aims-too.

REFERENCES

- Milne, A. A. *Winnie-the-Pooh*. London: Methuen & Co. Ltd., 1926.
- Mitchell, David. *Cloud Atlas: A Novel*. New York: Random House, 2004.
- Montgomery, Lucy Maud. *Anne of the Island*. L.C. Page & Co., 1915.
- Moore, Christine Magnus. *Both Sides of the Bedside: From Oncology Nurse to Patient, an RN's Journey with Cancer*. Gray Matter Imprints, 2015.
- Morrison, Toni. *Beloved*. New York: Knopf, 1987.
- Morritt, Alex. *Impromptu Scribe*. Paxanax Press, 2014.
- Morton, Kate. *The House at Riverton*. New York: Atria, 2008.
- Mr. Magorium's Wonder Emporium*. Dir. Zach Helm. Mandate Pictures, 2007.
- Muir, John. *Our National Parks*. Boston: Houghton, Mifflin, 1901.
- Murakami, Haruki. *What I Talk about When I Talk about Running*. London: Vintage, 2009.
- Nelson, Willie. *It's a Long Story: My Life*. Boston: Little, Brown, 2015.
- Nicholls, David. *One Day*. London: Hodder & Stoughton, 2009.
- Ockler, Sarah. *Bittersweet*. New York: Simon Pulse, 2012.
- Oliver, Lauren. *Hana*. New York: HarperCollins, 2012.
- Oppel, Kenneth. *Skybreaker*. New York: Eos, 2006.
- Ortner, Jessica. *The Tapping Solution for Weight Loss & Body Confidence: A Woman's Guide to Stressing Less, Weighing Less, and Loving More*. Hay House, 2014.
- Ovid. PositiveSayings.net. Accessed October 18, 2015. positivesayings.net/happy-is-the-man-who-has-broken-the-chains-which-hurt-the-mind-and-has-given-up-worrying-once-and-for-all-be-patient-and-tough-one-day-this-pain-will-be-useful-to-you.
- Paolini, Christopher. *Eldest*. New York: Alfred A. Knopf, 2005.
- Parker, Elizabeth. *Paw Prints in the Sand*. Seattle: CreateSpace Independent Publishing, 2012.

REFERENCES

- Parks, Gordon. "Spurts of Enthusiasm and Lack of Interest." Success-Consciousness: *Mental Tools for a Great Life*. SuccessConsciousness.com. Accessed October 18, 2015. www.successconsciousness.com/spurts-enthusiasm.htm.
- Pausch, Randy with Jeffrey Zaslow. *The Last Lecture*. New York: Hyperion, 2008.
- Payne, Thomas. *Rights of Man*. London: J. S. Jordan, 1791.
- Peale, Norman Vincent. *Three Complete Books: The Power of Positive Thinking; The Positive Principle Today; Enthusiasm Makes the Difference*. New York: Wings, 1992.
- Pearce, Dan. *Single Dad Laughing: The Best of Year One*. Seattle: CreateSpace Independent Publishing, 2011.
- Pessoa, Fernando. "Poems Inconjuntos." *Athena*. June 20, 1919.
- Picasso, Pablo. *Pablo Picasso: Metamorphoses of the Human Form: Graphic Works, 1895-1972*. Ed. Roland Doschka. Munich: Prestel, 2000.
- Poe, Edgar Allan. Edgar Allan Poe Society of Baltimore. Accessed October 18, 2015. www.eapoe.org/works/tales/mesmerd.htm.
- Poehler, Amy. *Yes Please*. Dey Street, 2014.
- Pope, Alexander. *An Essay on Criticism*. 1711.
- Potter, Beatrix. "Old-Fashioned Charm: Happy Birthday to Beatrix Potter." Old-Fashioned Charm. Accessed October 18, 2015. old-fashionedcharm.blogspot.com/2011/07/happy-birthday-to-beatrix-potter.html.
- Putnam, George Palmer. *Soaring Wings: A Biography of Amelia Earhart*. Harcourt, Brace and Company, New York, 1939.
- Pratchett, Terry, and Stephen Baxter. *The Long War*. New York: Harper, 2013.
- Quesada, Donna. *Buddha in the Classroom*. New York: Skyhorse Publishing, 2011.
- Rashi. "A Serious Man,' At Sea In A Tragically Absurd World." NPR. Accessed October 18, 2015. www.npr.org/templates/story/story.php?storyId=113429323.
- Ray, Amit. *World Peace: The Voice of a Mountain Bird*. Rishikesh: Inner Light, 2014.

REFERENCES

- Ray, Banani, and Amit Ray. *Awakening Inner Guru*. Inner Light Publishers, 2010.
- Redfield, James. *The Celestine Prophecy*. New York: Warner, 1993.
- Reeve, Christopher. *Nothing Is Impossible: Reflections on a New Life*. New York: Ballantine, 2004.
- Renham, Lynda. *Coconuts and Wonderbras: A Romantic Comedy Adventure*. Combe: Raucous, 2012.
- Rhimes, Shonda. Commencement Address. Dartmouth College Commencement. Dartmouth College, Hanover, NH, June 8, 2014.
- Robbins, Anthony. *Get the Edge - A 7 Day Program to Transform Your Life*. Robbins Research, 2001.
- Rogers, Alex. *I'm Only Human After All*. Alex Rogers, 2013.
- Rogers, Fred. *The World According to Mister Rogers: Important Things to Remember*. New York: Hachette Books, 2003.
- Roosevelt, Eleanor. *You Learn by Living: Eleven Keys for a More Fulfilling Life*. New York: Harper Perennial, 2011.
- Roosevelt, Franklin D. "Remarks to the Daughters of the American Revolution." Washington, D.C. April 21, 1938. Lecture.
- Roosevelt, Theodore. "9 Inspiring Quotes to Lift Your Spirits" Allwomenstalk. Accessed October 18, 2015. lifestyle.allwomenstalk.com/inspiring-quotes-to-lift-your-spirits/2/.
- Rose, Jack R. *The Cedar Post*. Heber City, UT: American Dream Makers, 2000.
- Rostand, Edmond. *Cyrano De Bergerac: A Heroic Comedy in Five Acts*. Trans. Christopher Fry. Oxford: Oxford University Press, 1998.
- Roth, Veronica. *Allegiant*. New York: Katherine Tegen Books, 2013.
- Rothfuss, Patrick. *The Wise Man's Fear*. New York: DAW, 2011.
- Rowling, J. K. *Harry Potter and the Goblet of Fire*. London: Bloomsbury, 2000.
- Ruth, Babe. Babe Ruth. Accessed October 18, 2015. www.baberuth.com/quotes/.
- Saadi. Traveller Soul. Accessed October 18, 2015. travellersoul76.com/2014/01/03/52-of-the-most-inspiring-and-memorable-travel-quotes/.

REFERENCES

- Saint-Exupéry, Antoine de. *The Little Prince*. New York: Harcourt, Brace & World, 1943.
- Sandberg, Sheryl. *Lean In: Women, Work, and the Will to Lead*. New York: Knopf, 2013.
- Sanderson, Brandon. *The Rithmatist*. Illus. Ben McSweeney. New York: Tor Teen, 2013.
- Saramago, Jose. *Blindness*. London: Harvill, 1997.
- Scott, Elizabeth. *Perfect You*. New York: Simon Pulse, 2008.
- Shakespeare, William. *Romeo and Juliet*. London: John Danter, 1597.
- Sharma, Nihar. *Hijacked!* Nihar Sharma, 2014.
- Shayne, Ann. *Bowling Avenue*. Nashville: Chenille, 2012.
- Shelley, Mary Wollstonecraft. *Frankenstein; or, The Modern Prometheus*. London: Lackington, 1818.
- Shelley, Percy Bysshe. "A Defence of Poetry." *Essays, Letters from Abroad, Translations and Fragments*. London: Edward Moxon, 1840.
- Singer, Isaac Bashevis. *The Power of Light: Eight Stories for Hanukkah*. Illus: Irene Lieblich. New York: Farrar, Straus, and Giroux, 1990.
- Sitting Bull. Sitting Bull: Famous Native American Indian Chief. Accessed October 18, 2015. www.warpaths2peacepipes.com/famous-native-americans/sitting-bull.htm.
- Skloot, Rebecca. *The Immortal Life of Henrietta Lacks*. New York: Crown, 2010.
- Smith, Barbara, ed. *Home Girls: A Black Feminist Anthology*. New Brunswick, NJ: Rutgers University Press, 2000.
- Smith, Jennifer E. *Hello, Goodbye, and Everything in between*. Poppy, 2015.
- Smith, Zadie. *White Teeth*. London: Hamish Hamilton, 2000.
- Sobon, Nicole. *Program 13*. Seattle: CreateSpace Independent Publishing, 2012.
- Soup, Cuthbert. *A Whole Nother Story*. New York: Bloomsbury, 2010.

REFERENCES

- Socrates. "The World's a Puzzle; No Need to Make Sense out of It." *Board of Wisdom*. BoardofWisdom.com. Accessed October 18, 2015. boardofwisdom.com/togo/Quotes/ShowQuote?msgid=589548#ViP-U9KrSuk.
- Spinelli, Jerry. *Stargirl*. New York: Scholastic, 2002.
- Star Wars, Episode IV: A New Hope*. Dir. George Lucas. Perf. Mark Hamill, Harrison Ford, Carrie Fisher, Peter Cushing and Alec Guinness. 20th Century Fox, 1977.
- Stegner, Wallace. *Angle of Repose*. New York: Penguin, 1992.
- Stein, Garth. *The Art of Racing in the Rain: A Novel*. New York: Harper, 2008.
- Steinbeck, John. *Travels with Charley: In Search of America*. New York: Penguin, 1986.
- Stephens, S. C. *Reckless*. Gallery, 2013.
- Stern, Jessica. *Denial: A Memoir*. New York: Ecco, 2011.
- Stern, Josh. *And That's Why I'm Single: What Good Is Having a Lucky Horseshoe up Your Butt When The Horse Is Still Attached?* BookBaby, 2009.
- Stevenson, Robert Louis. *Balanced Soul*. Accessed October 18, 2015. ejimak.wordpress.com/2012/04/28/dont-judge-each-day-by-the-harvest-you-reap-but-by-the-seeds-you-plant-robert-louis-stevenson/.
- Stocker, Todd. *Refined: Turning Pain into Purpose*. Seattle: CreateSpace Independent Publishing, 2012.
- Stoker, Bram. *Dracula*. London: Archibald Constable and Company, 1897.
- Stovel, DeeDee. *Picnic: 125 Recipes with 29 Seasonal Menus*. North Adams, ME: Storey, 2001.
- Sugg, Chad. *Waking Up In Black and White*. lulu.com, February 2015.
- Swift, Graham. *Tomorrow*. London: Picador, 2007.
- Swindoll, Charles R. Thinkexist.com Charles R. Swindoll Quotes. Accessed November 4, 2015. http://thinkexist.com/quotes/charles_r_swindoll.
- Tagore, Rabindranath. *Stray Birds*. New York: The Macmillan Company, 1916.

REFERENCES

- Takamori, Kentetsu. *Something You Forgot . . . along the Way: Stories of Wisdom and Learning*. Los Angeles: Ichimannendo Publishing, 2009.
- Tallentyre, S. G. *The Friends of Voltaire*. London: Smith, Elder, & Co., 1906.
- Tan, Amy. *The Hundred Secret Senses*. New York: G.P. Putnam's Sons, 1995.
- Tchaikovsky, Pyotr Ilyich. CreatingMinds. Accessed October 18, 2015. creatingminds.org/quotes/inspiration.htm.
- Tennyson, Alfred Lord. *The Foresters: Robin Hood and Maid Marian*. Kessinger Publishing, 2007.
- Thoreau, Henry David. "Today's Quotes: Any Fool Can Make a Rule, and Any Fool Will Mind It." Daily Love with Mastin Kipp. Accessed October 18, 2015. thedailylove.com/todays-quotes-any-fool-can-make-a-rule-and-any-fool-will-mind-it/.
- Tolkien, J. R. R. *The Fellowship of the Ring*. New South Wales, Australia: Allen & Unwin, 1954.
- Tolstoy, Leo. *War and Peace*. Moscow: The Russian Messenger. 1869.
- Torres, Dara, and Elizabeth Weil. *Age Is Just a Number: Achieve Your Dreams at Any Stage in Your Life*. New York: Broadway, 2010.
- Tsukiyama, Gail. *The Street of a Thousand Blossoms*. New York: St. Martin's Griffin, 2008.
- Tutu, Desmond. Address at His Enthronement as Anglican Archbishop of Cape Town. Cape Town. South Africa, September 7, 1986.
- Tyson, Timothy B. *Blood Done Sign My Name*. New York: Crown, 2004.
- Ulrich, Laurel Thatcher. *Well-behaved Women Seldom Make History*. New York: Vintage, 2008.
- Vance, Ashlee. *Elon Musk: Tesla, SpaceX, and the Quest for a Fantastic Future*. New York: Ecco, 2015.
- Van Gogh, Vincent, Arnold Pomerans, and Ronald de Leeuw. *The Letters of Vincent Van Gogh*. London: Penguin, 1997.
- Verghese, A. *Cutting for Stone*. New York: Vintage, 2010.

REFERENCES

- Viorst, Judith. *Love & Guilt & the Meaning of Life, Etc.* New York: Simon & Schuster, 1979.
- Virgil. *The Aeneid*. Trans. Robert Fitzgerald. Vintage Classics ed. New York: Vintage, 1990.
- Vizzini, Ned. *It's Kind of a Funny Story*. New York: Miramax/Hyperion for Children, 2006.
- Walker, Alice. *African American Quotes*. Accessed October 18, 2015. www.africanamericanquotes.org/life.html.
- Warhol, Andy. *The Philosophy of Andy Warhol: From A to B and Back Again*. New York: Harcourt Brace Jovanovich, 1975.
- Washington, George. *Simple Thing Called Life*. Accessed October 18, 2015. www.simplethingcalledlife.com/2014/george-washington-quotes/.
- Waugh, Evelyn. *Brideshead Revisited; the Sacred and Profane Memories of Captain Charles Ryder*. Boston: Little, Brown, 1945.
- Weinberg, Noah. AISH.com. Accessed November 4, 2015. www.aish.com/ci/s/My_Top_10_Quotes.html.
- Whitman, Walt. *The Cult of Genius*. Accessed October 18, 2015. thecultofgenius.tumblr.com/post/6044675406/i-have-learned-that-to-be-with-those-i-like-is.
- Whittier, John Greenleaf. DN Journal. Accessed October 18, 2015. www.dnjournal.com/archive/lowdown/2012/dailyposts/20121225.htm.
- Wilde, Oscar. "Be Yourself, Everyone Else Is Already Taken: Transform Your Life With The Power of Authenticity." The Huffington Post. Accessed October 18, 2015. www.huffingtonpost.com/mike-robbins/be-yourself-everyone-else_b_185923.html.
- Wilder, Laura Ingalls, and Rose Wilder Lane. *Little House Sampler*. Ed. William T. Anderson. New York: Perennial Library, 1989.
- Winfrey, Oprah. *What I Know for Sure*. New York: Flatiron Books, 2014.
- Wollstonecraft, Mary. *A Vindication of the Rights of Woman: With Strictures on Political and Moral Subjects*. Boston: Thomas and Andrews, 1792.
- Wooden, Coach John. *Wooden*. New York: Contemporary, 1997.

REFERENCES

- Woolf, Virginia. *A Room of One's Own*. New York: Harcourt Brace & Co., 1989.
- Yoshimoto, Banana. *Kitchen*. New York: Washington Square, 1993.
- Young, Suzanne. *A Need So Beautiful*. New York: Balzer Bray, 2012.
- Yousafzai, Malala. *I Am Malala: The Girl Who Stood up for Education and Was Shot by the Taliban*. Boston: Little, Brown, 2013.
- Yu, Lu. "Philosophies for Life." Nourishing Buttons. Accessed October 18, 2015. nourishingbuttons.wordpress.com/2013/01/29/philosophies-for-life/.
- Zusak, Markus. *I Am the Messenger*. New York: Alfred A. Knopf, 2006.

ABOUT THE FOREWORD AUTHOR

MIKE ROBBINS is the author of three books, *Focus on the Good Stuff, Be Yourself; Everyone Else Is Already Taken*, and *Nothing Changes Until You Do*. He delivers keynotes and seminars around the world for clients such as Google, Gap, Microsoft, Schwab, eBay, and many others. He and his work have been featured in *O Magazine*, the *Wall Street Journal*, and the *Huffington Post*. His books have been translated into 12 different languages. For more about him and his work, visit www.mike-robbins.com.

